

NcJ

NORTH COAST JOURNAL OF POLITICS, PEOPLE & ART

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FEAR TO ANGER TO RAGE

Local police hear community concerns amid three days of protests in Humboldt

BY THADEUS GREENSON

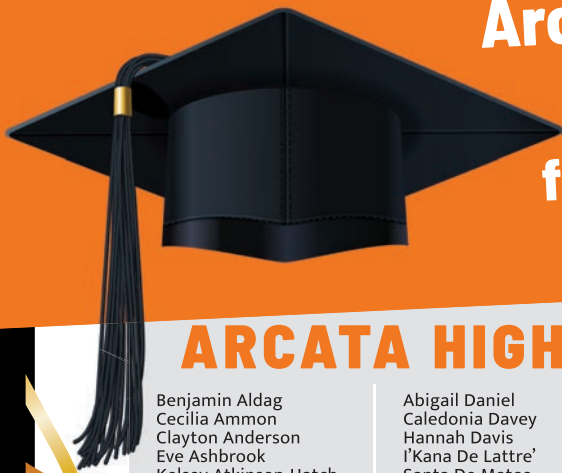
8 Pandemic food insecurity

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19 If they open, will they come?

POLICE

DEPARTMENT



Arcata Safe & Sober would like to congratulate the class of 2020

from Arcata High School, Pacific Coast High School & Six Rivers Charter High School

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Anthony L. Womack
Katherine E. Ziegler

Graduations will be held at 2PM June 9th (Pacific Coast), June 10th (Six Rivers Charter) and June 11th (Arcata High).
Procession around the Arcata Plaza to follow Six River's and Arcata High's Graduation.
We encourage the community to come out and support the class of 2020 while social distancing.
Please share pictures and videos using [#love4class2020](#).

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Enough Has Been Enough

You say with good intention the rioting doesn't make sense
But the expressions of anger are a form of self-defense

Floyd, Arbery, Martin, Garner, McDonald and Bland

Just a fraction of the reasons why people gotta take a stand

Skin color used to create a phony duality
Justification for centuries of abject brutality

Black and brown bodies long treated like they don't matter

Peace and justice sounds nice but no former without the latter

Armed white people demanding haircuts is no sweat

But players take a knee and deserve what they get

If you still don't see it, then take a step back

Realize cops get called for BBQing while black

Enough has been enough for longer than you've been alive

Spare me your critique of those just wanting to survive

— Garrett Snedaker

On the Cover

Erik Rydberg. Photo by Mark McKenna.

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PBS AMERICAN PORTRAIT

A NATIONAL STORYTELLING PROJECT

American Portrait is a digital storytelling project taking places across the nation. KEET-TV is holding a workshop with storyteller Ali Freelund who will share tips on creating and submitting stories to the project.

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NCJ EDITORIAL

Unease, Inaction and Time for Reckoning

**By Jennifer Fumiko Cahill and
Thadeus Greenson**

editor@northcoastjournal.com

The video of police officer Derek Chauvin killing George Floyd joins a heartbreaking library of footage of the abuse and death of Black Americans at the hands of those charged with protecting them under the law. It is an archive vast enough — and growing amid the very protests against such systemic violence — to test one's capacity to feel the suffering afresh each time, to still be shocked.

There's a contemptuous look in Chauvin's eyes, perhaps not surprising for someone who had 17 complaints filed against him and had been involved in three shootings before he became a household name and was charged with Floyd's murder. It's rife with entitlement and privilege — the look of someone untouchable, someone protected by a badge and a gun and a thin blue line.

And there they are, his fellow officers standing guard as Floyd's pleas get more frantic and the distress rises in onlooker's voices. Not one of them pulls their fellow officer off a dying man. Not one of them steps in to stop a murder in progress. They're familiar, too, in their unease and inaction.

Police like Chauvin don't exist in a vacuum. They thrive under the protection of fellow officers who choose to protect each other above all else. But they're not the only ones. Non-black people shield officers like these every day with a similar unease and inaction, shrugging off "a few bad apples," choosing to protect the system that gives them comfort instead of human life. After all, how many of these videos have we seen now?

There is no way through and beyond a tradition of injustice without admitting to it and laying claim to every contribution, every time non-black citizens have accepted their abuse and killing, including sins of omission. The Asian officer in the video has brought into the fore discussions of Asian anti-blackness and sparked conversations long overdue in Asian American communities and families. Like any conversations about racism, these can be hard and contentious, but not having them is to stand idle while people like George Floyd can't breathe.

Law enforcement is not the only profession that needs a reckoning. Watching

and reading news coverage of police brutality and the protests and rioting it has spawned is to watch some of the same tropes that paved the way here recycled. We see more attention given to busted windows and injured white people than the deaths of people of color. Stories lean on easy photo ops with police rather than concrete changes in training and protocol. And not nearly enough black reporters are assigned to cover law enforcement, criminal justice and the recent protests — our own paper included.

And as we watch the president of the United States call protesters "thugs" and tweet "when the looting starts, the shooting starts" — borrowing segregation-era language that prompted Twitter to take the unprecedented step of saying the president had violated rules against "glorifying violence" — those who voted him into office must own that, too. His supporters, die-hard or not, must reckon with what we saw on June 1, as National Guard troops and police attacked peaceful protesters outside the White House with tear gas and rubber bullets, apparently to clear Lafayette Park so the president could pose for a photo outside a church.

As tear gas drifted through the park and peaceful protesters fled, the president promised to invoke the Insurrection Act — a more than 200-year-old law that allows him to use the U.S. military to suppress civil disorder — and deploy armed troops if state or city leaders fail to take actions "necessary to defend life and property." Easy enough to infer whose life and whose property.

As this edition of the *Journal* heads to press June 2, it's unclear what morning will bring. But as Americans pick through the literal and metaphorical rubble, each of us needs to look at what we own in this. What did we ignore instead of confront? What did we let slide in a conversation or a post for our own comfort? What bargain did we make to feel powerful? What did we value above decency and equity when picking our leaders? Who were we willing to sacrifice to keep peace in our own circles? Only once we have made a real accounting can the real work of correcting begins.

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The Takeout Menu

Where to get food to go in Humboldt

Scores of local restaurants are offering curbside, delivery and to-go menus, re-shuffling their hours, ordering and service to keep their patrons and staff safer. We've compiled a partial list here with asterisks (*) indicating dine-in service also available. If you don't see your own establishment, let us know by emailing calendar@northcoastjournal.com and we'll update.

And if you head to one of these places, remember: Stay home if you feel at all ill. Wear a mask and keep it on (if dining in, wear it when away from your table); wash/sanitize your hands; order, pay and tip in advance when possible; make your tip pandemic appropriate for the folks taking the additional risk to feed you; and stay back a full 6 feet from both staff and other customers.



Local restaurants with operational plans certified by the county are now allowed to open for dine-in service.

Photo by Zach Lathouris

* OPEN FOR DINE-IN

ARCATA

Arcada

630-5236, arcadagameshumboldt.com

Arcata Pizza Deli

822-4650, arcatapizza.com

Bencharong Thai

825-0900, facebook.com/Bencharong-Thai-House-402867866487537

Cafe Brio

822-5922, cafebriohumboldt.com

Café Phoenix

630-5021, facebook.com/cafehenixarcata

Campground*

630-5148, campgroundarcata.com

Coffee Break

825-6685, coffeebreakarcata.com

Don's Donuts

822-6465, facebook.com/Dons-Donuts-Pizza-Deli-115983365096679

Dutchy's Pizza

Online orders only, dutchypizza.com

Hole in the Wall Arcata

822-7407

Japhy's

826-2594, japhys.com

Kebab Cafe

826-2121, kebabcafearcata.com

La Trattoria

822-6101, latrattoriaarcata.com

Loco Fish Co. Arcata

572-6019, facebook.com/550SouthGStreetArcata-CA95521

Los Bagels, Arcata

822-3150, losbagels.com

Los Giles Taqueria

676-0777, facebook.com/losgilestaqueria

Mazzotti's

822-1900, mazzottis.com

McIntosh Country Store

822-0487, facebook.com/Mcintoshfarmcountrystore

Mia Bella

630-5059, miabellacakes.com

Paul's Live From New York - Arcata

822-6199, paulslivefromnewyorkpizza.com

Plaza Grill

826-0860, plazagrillarcata.com

Redwood Curtain Brew Arcata

826-7222, redwoodcurtainbrewing.com

Renata's Creperie

825-8783, facebook.com/RenatasCreperie

Roman's Kitchen

407-9750, romanskitchen.com

Salt*

630-5300, saltfishhouse.com

Septentrio Winery

672-2058, septentriowinery.com

Slice of Humboldt Pie

630-5100, sliceofhumboldtpie.com

Sushi Spot

822-1221, sushispotarcata.com

Szechuan Garden

822-0277, szechuangardenarcata.com

The Burger Joint*

630-5144, facebook.com/theburgerjointarcata

The Jam*

822-5266, thejamarcata.com

The Pub at the Creamery

630-5178, facebook.com/thepubarcata

Tomo

822-1414, tomoarcata.com

Toni's 24hr Restaurant*

822-0091, tonisrestaurant.com

Wildflower

822-0360, wildflowercafebakery.com

EEL RIVER VALLEY

Bob's Footlong

725-2016, bobsfootlongs.com

Eel River Brewing*

725-2739, eelriverbrewing.com

Ferndale Pizza Co.*

786-4345, facebook.com/FerndalePizzaCo/

Hoppy's Froyo*

682-6187, fortunafroyo.com

Hot Brew Bistro

725-2361, facebook.com/hotbrewbistro

L's Kitchen

726-7779, facebook.com/LsKitchenDowntown

Pepper's

725-5580, facebook.com/peppersfortuna

Ridgetop Café*

786-3900, facebook.com/RidgetopCafe

Smokin Barrels*

725-9100, facebook.com/smokinbarrels2018

Taco Loco

725-5546, tacolocoortuna.com

Tornado Dave's*

851-3501, tornadodavesrestaurant

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A&J Ichiban

273-5299, facebook.com/ichibanaj

AA Bar & Grill*

443-1632, aabarandgrill.net

Amigas Burritos

443-3373, doordash.com/store/amigas-burritos-eureka-940337/en-US/?utm_campaign=gpa

Angelo's

444-9644, facebook.com/Angelos-Pizza-Parlor-105950126113837

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Visit **humboldt.gov/2704/Business-Resources** to find CDC guidelines to employers for protecting customers and employees, as well as links to local and state partner agencies who offer support and financial services to assist businesses adversely impacted by COVID-19.



OES Business Task Force:

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Corporation**
www.aedc1.org
707-798-6132

**Redwood Region
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Commission**
rredc.com
707-445-9651

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District**
fortunabusiness.com
707-725-9261

**Small
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Center**
northcoastsbdc.org
707-445-9720



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Babe's
442-3839, babespizzapasta.com

Banana Hut
444-3447, thebananahut.com

Bandit Savory & Sweet
n/a, my-site-104573-108920.square.site

Bayfront*
443-7489, zomato.com/eureka-ca/bayfront-restaurant-eureka/menu

Bella Italia
443-3070, facebook.com/Bella-Italia-Restaurant-273911026064208

Big Island Kine
(808) 938-5471, facebook.com/bigislandkine

Boardroom
572-5129, boardroomeureka.com/collections/all.

Brick & Fire Bistro*
268-8959, facebook.com/109994312351912

Café Noon
407-3664, cafenooner.net

Café Noon Too
407-3664, cafenooner.net

Cafe Waterfront
443-9190, cafewaterfronteureka.com

Carmela's
839-2435, facebook.com/pages/Carmela's/527873763893275

Chapala
443-9514, chapalacafe.com

Chicago Dog House
502-8511, facebook.com/Chicago-DOG-HOUSE-108431577448852

Chin's Cafe
443-0615, facebook.com/chinscafeureka

Cocina Mariposa
Temporarily closed

Delish on 5th
273-5155, delishon5th.com

Denny's Eureka
445-0521, dennys.com

Diver Bar & Grill
798-6184, facebook.com/diverbarandgrillhumboldt

Esmerelda's
442-0887, eureka'sbestmexicanfood.com

Fat Cat Bakery
444-2999, facebook.com/FatCatBakeryCarveryTapperyEureka

Fiesta Grill and Cantina
822-4600, facebook.com/fiestagrillcantina

Frankie's NY Bagels
599-3305, frankiesnybagels.square.site

Fresh Freeze
442-6967, freshfreezeeureka.com

Gallagher's*
442-1177, gallaghers-irishpub.com

Golden Harvest
442-1610, goldenharvestcafe.com

Greene Lily*
798-6083, facebook.com/greenelily

Happy Donuts & Express Asian Food
443-6812, facebook.com/HappyDonutsAsianFood

Humboldt Bay Bistro
443-7339, humboldtbaybistro.com

Humboldt Smokehouse
497-6261, humboldtsmokehouse.com

Humboldt Soup Co.
268-8298, humboldtsoupcompany.com

Hunan (Henderson Center)
444-9241, hunaneureka.com

Jack's Seafood*
273-5273, jackseafoodeureka.com

Kristina's
444-3322, facebook.com/Kristinas-Restaurant-250821115028760

La Patria
407-3848, lapatriamgrestaurant.com

Living the Dream
407-3508, facebook.com/LivingTheDreamIceCream

Loco Fish Co. Eureka
same number/website, facebook.com/550SouthG-StreetArcataCA95521

Los Bagels, Eureka
442-8525, losbagels.com

Los Sinaloenses
407-0052, facebook.com/sinaloenses2019

Luis'
444-2508, luissrestaurant.com

Madrone
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Pandemic Widens Gaps in Regional Food Supply Chain

By Linda Stansberry
linda@northcoastjournal.com

Can we feed ourselves? This is a question the staff of the Humboldt Food Policy Council (a branch of the larger California organization) has been asking since 2012. Now, with COVID-19 crimping the distribution chain for larger grocery stores and more local residents going hungry due to economic losses, the question seems more important than ever. The answer is complicated.

"It's been a big question for a while," says May Patino, HFPC coordinator. "Do we have enough food to sustain the people who live in this region? The reality is we don't actually know."

In 2018, the California Department of Public Health released a study revealing that roughly one quarter of Humboldt County children experience food insecurity. Food deserts — census tracts where residents live more than 10 miles from a major grocery store or have little access to transportation to get to fresh food — are one cause of food insecurity. Humboldt County has 10 such census tracts (out of 31 total).

HFPC recently received a grant from the Humboldt Area Foundation to create an emergency food system response that would help pool and share distribution among different organizations. (Full disclosure: I am employed part-time by HAF.) One model under consideration would use a central and satellite hubs for distribution — a place where farmers, for example, could bring product that would be repackaged and redistributed at scale to need.

"We're hoping this will turn into something that will be adapted and can be reactivated in emergency food situations," says Patino. "We would like to increase some long-term food sustainability systems in the region."

The North Coast Grower's Association has already taken steps to aggregate supply by creating the Harvest Box Program — a multi-farmer CSA that families can

order through the NCGA website.

Michelle Wyler, managing director of the Farm to Market program for the Community Alliance with Family Farmers, praised the nimble response of local farmers to COVID's challenges.

"In general, when COVID hit folks, we had to think about pivoting pretty immediately to more direct sales models," she says.

Wyler works with farmers statewide and says the Humboldt food system had some advantages, including a well-established sales base in local farmers markets and a later start to the growing season that gave local producers more time to figure out a response. While in other parts of the state some farmers have had to scale back or dump product because they couldn't sell it or pay for the labor to harvest product, in Humboldt farmers are maintaining or even ramping up production to meet demand.

"It's been a resurgence for the local food market," says Wyler, adding that another advantage is that local farmers are less reliant on restaurant or wholesale sales, and thus the restaurant industry's nosedive due to shelter in place is not having the same ripple effects on farmers that it might in other areas of the state.

"A next step would be figuring out what product is viable locally," says Wyler. "Local product is not going to fill demand."

To meet demand through larger suppliers and non-local producers, the problem is again distribution. Humboldt County is often compared to an island because of its rural remove from the rest of the state and — like an island — some worry that it could be cut off from the supply chain entirely.



A vegetable stall at the Arcata Farmers Market.

File

Melanie Bettenhausen, HFPC member and former general manager of the North Coast Co-Op, thinks about distribution a lot.

"We're so dependent on food that's coming [from] out of the area," she says, adding that unwieldy nature of some federal relief programs has revealed the vulnerability of our isolation. "Just participating in some of the USDA programs that are related to COVID-19 relief — they don't go through our area. They're for Northern California and Santa Rosa is Northern California. You have to convince drivers to divert from the I-5. And then often they have to be reloaded onto a smaller truck so they can get through Richardson Grove."

This is true, too, she says, for grocery stores and other wholesale suppliers, many of which struggled to keep ahead of product shortages in the early days of the pandemic. This bottleneck exacerbated an existing problem for small service providers, especially those in rural areas.

"The thing we have keyed into in relation to pandemic is we have organizations who need access to food and they aren't able to order from distributors, and they also aren't able to purchase enough of the supplies they need at the store," Bettenhausen says. "They're treating all organizations the same."

Bettenhausen says many smaller nonprofits, such as those that feed or

house people, go to Costco or WinCo and buy what their clients need at retail prices, which is not cost effective. But most distributors have a minimum order price that is out of reach for nonprofits. A distribution hub model would be a better solution — allowing bulk purchasing that could be aggregated and then redistributed according to need. But that model comes with its own logistical challenges: cold storage, billing, moving product in and out of the facility. And then there's the continued challenge of reaching rural areas, which would require refrigerated trucking and a sustainable financial model.

"Our food system feels precarious," Bettenhausen says. "I personally think we need some policies at the county level addressing food policies and a system response to need. I saw the lack at the co-op when we had the planned power outage, all that food going to waste. The assumption was that those grocery stores are there to sell food but what if they can't? The solution could be as simple as a partnership with the county to make sure grocery stores have generators."

These supply chain issues, Bettenhausen says, have been apparent for a long time. It's only now that they've become a more urgent priority.

"These are things are things we've known, but a lot of times because there's no crisis, we have no momentum," she said. COVID-19 may have changed that. ●

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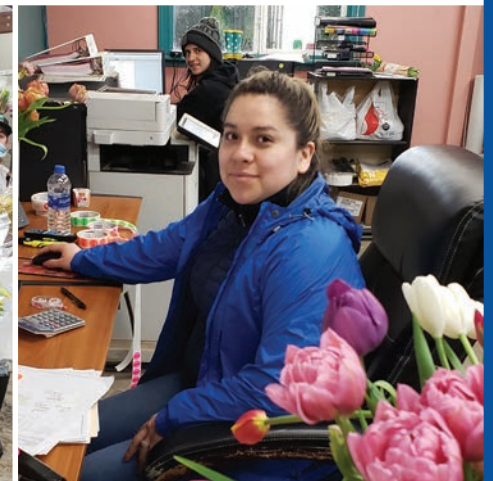
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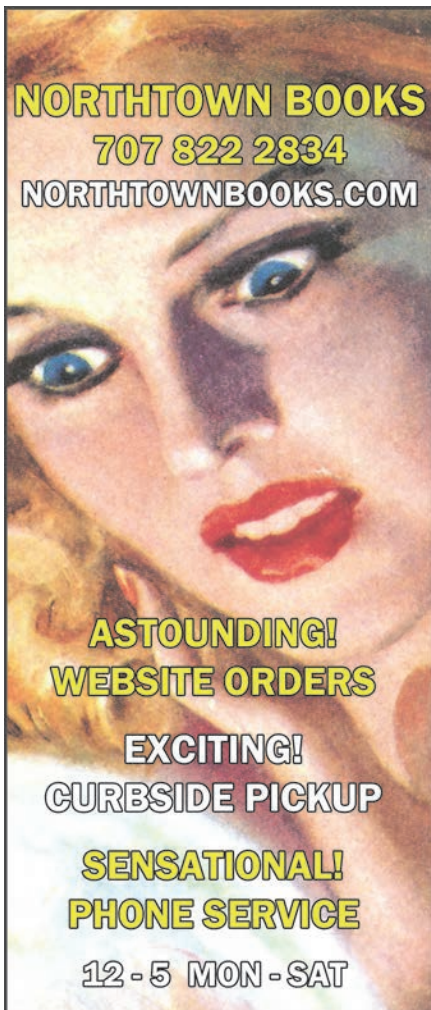
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Monique Desir addresses the crowd in front of Eureka Police Headquarters on June 1.
Photo by Mark McKenna

Black Lives, Black Stories

And the work of allies during and after the protest

By Monique Desir
views@northcoastjournal.com

The following a speech delivered at the Black Lives Matter/George Floyd protest on behalf of Black Humboldt at the Eureka Police Department on June 1, 2020.

Hello everyone I am Mo Desir and I am a volunteer organizer for Black Humboldt, one of the only Black-operated and Black-oriented organizations in this region. Black Humboldt is not a politically driven organization but we do support and prioritize putting Black voices and stories at the forefront of Black movements across the country and in Humboldt County. I am here today as a Black woman, as a bi-racial woman, as a Black mother and as a Black Humboldt County community member. It is humbling to see the amount of support these demonstrations and this cause have gotten over this past weekend. I thank those who have wanted to be a part of the change, who wanted to aid in supporting us through these hard times, but these stories are nothing new — the deaths of Black bodies caused by police brutality and the structure of the police state this month are small numbers in a very large, long list that's been adding names since segregation. Aubrey Ahmad, George Floyd, Breonna Taylor and Tony McDade all lost their lives in the last 60

days. We can't forget that we are also losing our Brown and Indigenous communities to these same forces. Recognizing these tragedies as they happen, holding space for them, holding space for our Black community to feel through these moments are important, and even more important in areas like Humboldt County, places that are predominantly white or white-passing People of Color. Oppression here doesn't look the same as it does in other places: it's quiet, it's shrugged off, it's dismissed as ignorance or a sense of pride. But for those of us experiencing the oppression, the micro-aggressions, the ignorant phrases, the side eyes and the fear, it's not any of those things — it's in our faces every day in most of the places we go within our own community. This community's majority has a lot of work to do and I'd like to think that if you are a non-white person, regardless of your background, here today listening to these words, you're here because you want to create, sustain and maintain this change we speak of into our community. The more important actions for change come after the protest and it's not just demonstrating. We need structural rebuilding, we need black and brown businesses to flourish, we need Black and Brown

Continued on page 13 »



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representation in our city councils, our city offices, our schools and higher education offices. We need to praise, respect and uplift the Black and Brown professionals and community members we already have! We need equity education past syllabi and diversified storybooks, we need tangible trainings and courses for educators and students.

Ally-ship goes further than showing up for protests — it's standing in solidarity even when the media isn't advising us to do so, or local organizations are making calls for demonstrations. It's creating diversity efforts within your businesses, schools, community events, or at work, it's considering the viewpoints of identities you don't belong to, it's asking what is needed instead of assuming, it's intervening during racial fueled situations, it's recognizing you have privilege amongst the systematic structures in our country and using them to advance the oppressed. It's starting a conversation with your neighbor who hangs Confederate flags. It can be as simple as giving space to those oppressed to heal or process trauma without your intervention, opinions or input.

Allies play an important role during protests and that role is mainly to keep Black bodies safe. Position yourself on the outside of protest groups, head to the front lines when confronting law enforcement, maintain communications amongst each other, have a plan for maintaining peace between Black protesters and law enforcement, give those affected space to process without your interjections and allow them to take up space, take up talking time and being heard over yourself.

The police state structurally has never supported, helped or aided the Black, Brown or Indigenous communities, we as a whole have actually learned to avoid them, fear them, and to never seek help from them, although this is what the system was created to do, serve and protect. Instead we see school-to-prison pipelines in inner cities occupied by Black and Brown bodies, we see peace met with aggression, we see Native land being stomped over and ripped from the hands of those it belongs to, and we often see the misuse of power. As a community with few cases of police misconduct we look to our own police staff to set an example, to weed out the police that may be clouded by misjudgments, biases, generalizations and race-based decision making that we know come from the white Supremacist infrastructure of our county. We saw many of these officers being at one with the protest by day and we also saw a numbers of folks met with hostile tactics by night. So today we ask for transparency, we ask for support and we ask our police department to

hear their Black community when we say there is a chance for you all to do better, to be the good guys, but it starts within the structure of the office you all work in as well as a self journey of each officer to dismiss any racist biases, generalizations or upbringing you may have encountered and remain objective. Just as you all like to say not all cops are bad, we are saying you're wrong, you are all responsible until something changes, just how all Black and Brown bodies suffer at the hands of the same generalization.

The Black and Brown communities specifically are told to move past trauma, and then are kept out of mental health conversations, which then leads to internalizing and pushing trauma further into our bodies, into our movements, our thoughts and actions. We can't continue in this cycle — we must end generational trauma — we are allowed to heal! We are allowed to live! We are allowed to feel welcomed in our own communities and shouldn't have to fear the infrastructures that support the majority. This country wasn't designed to support us; change needs to start from the bones of this country and the bones of this county.

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●
Monique Desir is a volunteer organizer with Black Humboldt and prefers she/her pronouns.



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Fear to Anger to Rage

Local police hear community concerns amid three days of protests in Humboldt

By Thadeus Greenson
thad@northcoastjournal.com

The moment came on the second consecutive day of protests in Eureka, as hundreds marched through the streets amid escalating national tensions in the wake of the May 25 police killing of George Floyd in Minnesota.

A group of more than 100 people, many clutching signs scrawled with messages like “I Can’t Breathe” and “Black Lives Matter” gathered in front of the Eureka Police Department Headquarters, where Chief Steve Watson and Humboldt County Sheriff William Honsal were trying to talk them down.

“No justice, no peace,” the protesters shouted as Honsal tried in vain to speak over them through a megaphone. Then he quickly pivoted, joining the chant with the megaphone: “No justice, no peace. No racist police,” as Watson stood by with a protest sign. The moment stood in stark contrast to footage from elsewhere in the country of peaceful protestors being arrested for simply speaking or dispersed with tear gas shot from a distance by riot police. But it was also not a moment without controversy, as a Facebook post from Humboldt Grassroots, a self-described anarchist group that organized Saturday’s protests before seeing a group of local people of color step to the forefront of Sunday’s protest.

“Sorry to everyone who was led into a trauma-inducing, humiliating situation with the cops,” the Facebook post states. “Sorry to those of you who went away feeling sick. Sorry to those of you who felt shamed.”

The moment and ensuing backlash exemplified the tensions on display throughout the weekend’s protests to demand justice for Floyd, a black man who died of asphyxiation May 25 after a white police officer pressed his knee into Floyd’s neck for more than eight minutes while he lay prone and handcuffed, saying he couldn’t breathe during an arrest on allegations he attempted to pass a counterfeit \$20 bill. The last minutes of Floyd’s life were captured in a video taken on a bystander’s cell phone and have since enraged the nation.

Saturday’s protests drew hundreds of people to the Humboldt County Courthouse. From there, they marched through the streets, in some cases blocking traffic and leading to several tense exchanges with passing motorists and police, with protesters saying they felt motorists disregarded their safety — or in at least one case intentionally tried to hit them — and Watson saying the motorists had feared for their safety as people surrounded and hit their cars while shouting. Watson also reported that police cars were vandalized, including two with windows broken, and that several officers had been assaulted and suffered minor injuries.

At the conclusion of Sunday’s rally and march, a group of about 60 people continued on. After 10 p.m., Watson said officers witnessed several acts of vandalism — including at Target and Sizzler — and identified a suspect in the crowd. When they moved into arrest him, though, protesters allegedly attempted to pull the man from their custody, which Watson said prompted several officers to fire pepperballs — essentially paint balls filled with a powder that has the effect of pepper spray — into the crowd to disperse them. The incident led to two arrests and allegations that the police overreacted, endangering protesters.

Then came Monday, when Arcata Police Chief Brian Ahearn and Watson planned to make a joint statement in front of the Eureka police station. What transpired was something else entirely. Chiefs of multiple law enforcement agencies addressed a small crowd there, with most decrying Floyd’s death and racism in policing nationally.

“Today was designed for all of us to come together to make a statement about the murder of George Floyd at the hands of the police department in Minnesota,” Ahearn told the crowd. “This cannot happen in the United States of America. But it continues to happen. People of color continue to be discriminated against, brutalized and murdered at the hands of law enforcement in this country. It’s got to stop and Humboldt County is making a



Protesters with masks and signs make their way down rainy streets Saturday, May 30.
Zach Lathouris



Eureka Police Chief Steve Watson talks with marchers as they record him. Mark McKenna

Protestors block the path of a Eureka Police cruiser on Fifth Street, leading to a tense exchange. Mark McKenna



Protestors blocked Fifth and H streets during the Black Lives Matter march sparked by the killing of George Floyd. Mark McKenna

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A painted over McDonalds and Chevron billboard on U.S. Highway 101.
Zach Lathouris



Sheriff William Honsal holds a microphone as Malia Haley addresses the crowd.
Mark McKenna



Valettea Molofsky, cultural director of the Humboldt County Black Music and Arts Association, asked the crowd to bow their heads while she delivered a passionate speech. *Mark McKenna*



A protester listens with her eyes closed while holding a small bouquet of flowers.
Mark McKenna



statement today. We do not accept what is happening in other parts of the country. We acknowledge it is a stain on law enforcement throughout the world. We take ownership of that. We carry George Floyd on our shoulders. As law enforcement officers, we are his pallbearers today."

After a handful of local police chiefs and the sheriff shared some words, they turned the microphone over to the crowd and people took turns sharing their stories, anger and frustration.

"We ain't out here for shits and giggles in the middle of a pandemic," said Devon Fowler, who said he's originally from Brooklyn, New York, where he suffered abuse and mistreatment by the police, describing it as the stuff of nightmares. "People fear y'all. I'm from the place where fear turns into anger, anger turns into rage."

Fowler said he believes police in Arcata and Eureka are largely doing the right things — likening them to "shining lights" and like a "unicorn running into a nar-whal" — but questioning them on their willingness to take a stand, cross the blue

line and hold other officers and other departments accountable.

"I care about y'all," Fowler said, gesturing to the officers. "It's not fuck the police. It's fuck some of the police's tactics. That's real, man, and we're just frustrated."

A young woman who didn't give her name addressed the crowd and stressed that this "can't just be a moment in time," but a catalyst for lasting change. She urged people to have difficult conversations with those in their inner circles, especially the white people in attendance.

"We haven't had a choice," she said. "You've had a choice to look away from it but I'm begging you, please do not look away. When your co-worker is talking mess, I need you to chime in."

She urged people not to be confrontational, just to speak up, ask questions, challenge assumptions and have honest conversations, starting with their children.

One man, who addressed the crowd twice with his children, began by saying he was emotional at this moment seeing what was transpiring across the country.

"Just to break it down for everybody real quick the reason people riot," he said, "like the Boston Tea Party, that's how they showed the power that they had. That was an institution they attacked — not the people, not the boaters, but the institution that was represented, the institution that represented oppression."

He then thanked the police for hosting the open-mic forum, noting they "didn't have to do this."

"I mean that — I thank you," he said. "But now, let's check this out. This is going to end. What are we going to do after what's said and done? ... What I would like to see is a relationship built between the community [and the police] through a citizens' review board. That's what I would like to talk about after all this."

When Mykia Washington picked up the megaphone, she explained that "pro black is not anti white" and why the "all lives matter" counter slogan has nothing to do with the movement of this moment. She asked those in attendance to imagine their homes were burning down with their children inside and that they called the fire department. But instead of coming directly to their home, the fire department drove the neighborhood, spraying water on all its homes until finally arriving too late at the one on fire.

"The neighborhood is safe but my house is on fire right now," she said. ●

Thadeus Greenson is the Journal's news editor and prefers he/him. Reach him at 442-1400, extension 321, or thad@northcoastjournal.com. Follow him on Twitter @thadeusgreenson.

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Reopening Dining ... Or Not

Humboldt restaurants wrestle with regulations, safety and slim margins

By Jennifer Fumiko Cahill

jennifer@northcoastjournal.com

Meredith Maier of Six Rivers Brewery had already put together a plan for her restaurant to follow not only state and OSHA guidelines, like masks for staff and tables 6 feet apart, but a set of house rules, including only admitting those 21 and over, seating at only five tables and offering counter service as opposed to full dining service. But when word came down May 26 that restaurants with safety plans approved by the Humboldt County Emergency Operations Center to open for dine-in service starting May 29, Six Rivers didn't start rolling up the silverware. And it won't until the staff unanimously agrees it should.

The list of dine-in approved restaurants (available at www.northcoastjournal.com along with a link to the county's continually updating list) included 167 establishments by Monday. But while a number of restaurant owners are taking up the challenge of serving customers at their tables and implementing state social distancing and safety regulations, others like Maier aren't making the jump just yet.

"We've been having lots of staff meetings from the beginning," Maier says. "What's everyone's level of comfort? ... I don't want people coming to work and feeling scared. I want them to feel we're doing what's right for us and right for them and keeping their friends and family and our customers safe and healthy." For now, the brewpub will stick to takeout, though it isn't enough to make ends meet.

Maier, who's currently self-quarantined after her boyfriend's coworker tested positive for COVID-19, looks at the daily influx of confirmed cases with concern. "We're just taking every precaution we can. ... It's hitting a little close to home," she added, noting that the McKinleyville Aztec Grill, where customers and staff may have been exposed to an infected person, is just down the road. The high-volume, fast-casual model, she feels, creates more

exposure than, say a fine dining establishment like Campground, which announced on Facebook that it was opening Friday.

Lucien Smith, general manager at Campground and its Arcata Plaza sibling Salt, says reservations — strongly recommended so the socially distant seating can be planned out — have been coming in steadily since the announcement. "We are in a very closed environment and we're serving you food and drink, so we need to maintain the strictest practices," says Smith. "We're trying to provide the services the community wants back but doing so in a responsible way."

For Campground, that means serving at only 10 to 12 tables and following all the required guidelines, including masks and single-use gloves for staff, who'll maintain 6 feet of distance. Unless eating or drinking at a table, patrons will be required to wear masks as well. Don't have a mask for making your way to the restroom? Staff will provide one.

"We're still fine-tuning things," says Smith. "It's pretty much like the soft opening of a fine dining restaurant." Along with halting curbside service for a couple of days to prepare for Friday's opening, he says that requires the motto "Semper Gumby, always be flexible and ready to adapt," especially to any new guidelines that come out from the state or county.

Owner Joe Filgas says his wife, Lorenna, who runs day-to-day operations at Cafe Nooner and Cafe Nooner Too, plotted out their plans for dine-in service at the Henderson Center location, from the sanitizing stations already in use for takeout service to the elaborate system of PPE they'd need for the dishwasher to avoid the spray coming off plates. Despite approval from the OES, they're not opening their dining room and will stick with takeout.

"Basically we feel that our safety, our employees' safety, our customers' safety is paramount. We have a customer base in



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The booths at Campground.

Photo by Amy Kurler

Henderson Center that includes an older demographic,” says Joe Filgas, who adds that seeing younger folks traveling in and out of the county and not maintaining social distance raises doubts. He himself has asthma and knows, despite working mostly from home, his wife could potentially become infected without knowing it. “We just feel it’s increasing our risk that we don’t want to get into at this point.”

While he wishes restaurants opening for dine-in success, for Cafe Nooner the risk might not be worth the reward. Social distancing would necessitate serving at only a quarter of the restaurants’ tables. “With the margins as small as they are in the industry, it becomes pretty darn hard,” he says. And the feedback he’s gotten on his social media post about deciding not to open has shown him “overwhelmingly” that his customers aren’t ready to eat in restaurants yet.

“You’re going to see a major shift in the business model and how these businesses are run as long as COVID is around,” says Filgas, who expects those changes locally and nationally. “Dine-in has died,” he says. “Whether or not it will recover remains to be seen.”

Days before the shelter-in-place order in March, owner Nick Cole had already shifted the layout of Oberon Grill, pulling out tables and barstools to keep parties 4 to 6 feet apart (“Six Feet of Dining Separation,” March 18). Prepping for the new dine-in regulations has meant some reshuffling of that initial plan, sticking with the masks employees have already been wearing for takeout and suiting up the dishwasher with the required non-permeable apron and gloves. “We have to look at anything coming off a plate as a biohazard,” he says.

That’s not the only shift in mindset reopening during a pandemic. “In the past in the restaurant industry, there was always this negotiation with the guest,” Kohl says. Substitutions, off-menu orders — ex-

ceptions are often what make customers feel special. But when the house rules are about safety and the peace of mind of all the other patrons, “That’s not what it is anymore. It’s no longer a negotiation with the rules.” Staff aren’t taking guest temperatures or asking tablemates whether they’re part of a single household, but the distance and hygiene rules are hard and fast. “We can’t reduce risk to zero — nobody can in any situation. But within the parameters of what we know about this virus, we’re doing the best we can.”

Still, some staff weren’t comfortable and opted not to come back, which he says he understands. Ultimately, Kohl doesn’t see much difference in risk between now or next month. “So I wanted to try to bring our business back and see what it would be like in this environment.” Takeout and curbside service will continue, but he says, “Our service is our presentation, come in, sit down, take time and be in another world.”

Takeout also won’t cover his mortgage by a long shot. The receipts from the restaurant’s one Saturday night open were double the usual takeout haul, despite the Black Lives Matter/George Floyd protest that he says might have kept diners from getting to Old Town. (No hard feelings there, says Kohl, who supports the cause.) And he felt good connecting with his clientele again. Still, looking at how quickly things have changed in terms of the virus and the regulations to slow its spread, or if positive customer and staff feedback changes, he echoes Smith’s sentiments on staying ready to adapt. Even if that means shuttering his dining room again.

“I used to plan six months out,” says Kohl. “Now I just look at a week.” ●

Jennifer Fumiko Cahill is the arts and features editor at the Journal and prefers she/her. Reach her at 442-1400, extension 320, or jennifer@northcoastjournal.com. Follow her on Twitter @JFumikoCahill.

Humboldt Hawaiian

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Alone at the Top

The rewards of a tough climb up Salmon Mountain

By Sean Jansen

getout@northcoastjournal.com

Salmon Mountain is situated on the borders of Humboldt and Siskiyou counties, a stone's throw away from the triple point with Trinity County. At 6,960 feet, its highest point lies within Humboldt's borders. It is a force to be reckoned with and covered in snow most of the year. Its almost alpine environment throws a curveball in the traditional Humboldt geography, making the drive to the actual trailhead longer than the hike itself, and that hike brings its own risks.

After researching its location, I took a deep breath and a big swallow, and made sure I ate something easy on my stomach the night before. The route to the trailhead is as slithering as the centipede I encountered on the trail itself. And after two and a half hours of driving windy roads, I needed all my concentration and a bulletproof gut to make it in one piece, then strap in and begin climbing.

With views of the Klamath and the scenic mountain surroundings, the feelings of the ocean quickly dissipated. Once in the town of Orleans, the bouncing, winding dirt roads lead to the trailhead. With what seems like such a short distance in mileage takes ages straddling potholes and dodging falling rock and downed trees, all while being distracted by deer and bobcats. This is where the homework pays off. With what you might think is a

road, turns out to be where you have to go. No amount of Google mapping is enough and no National Forest map can really paint the picture of the route to the trailhead.

With a road that seems traveled by more wildlife than cars, you might wonder whether you are going the right direction. But the road dead ends and a sign for the trailhead lifts the worry from your shoulders.

I decided to car camp at the trailhead and set off on the 4-mile trail to the summit for a sunrise bid. I set my alarm for 3:30 a.m. with the goal of having the best cup of coffee in my life atop Humboldt's highest peak. It took a bit to peel my eyes open after a restless night of sleep but I got the head lamp on, shoes laced and backpack shouldered. In complete darkness beneath the canopy of trees, I set off.

I knew it was only 4 miles and that I could do that in just over an hour. So I left the trailhead figuring I'd get close just as light was beginning to crest the horizon. As time seemed to crawl, my confidence about whether I was not only going to make it in time faltered. But I kept climbing and eventually saw the dim silhouette



The sunrise at Humboldt's highest peak.

Photo by Sean Jansen

of a summit. The trail doesn't technically go directly to the summit, so I took a quick 100-yard dash off trail. With what I assumed was Humboldt's highest peak directly in front of me, I strapped my hiker poles to my pack and began climbing up the mix of shrubs and shale to the summit of Salmon Mountain.

I got to the top just in time to watch the sun glow the distant peak of Mount Shasta. Without a cloud in the sky and the horizon a bright red-orange, I dropped my pack and let out a hoot of joy that echoed around me. Laughing almost hysterically, I held off on the coffee for a minute to shoot some photos of the prettiest sunrise Humboldt has to offer. To the east were the Trinity Alps, Marble Mountains and Mount Shasta; to the west, the fog layered coast of the Pacific. Wildflowers greeted me with their beauty and the silence of it all was the greatest applause I

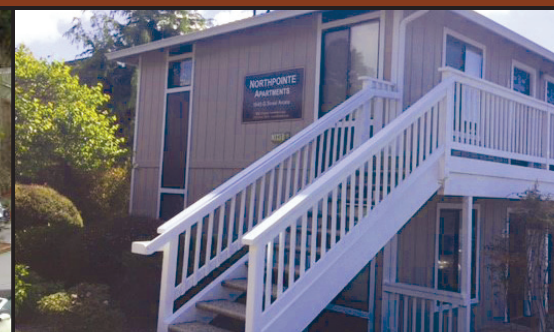
could have ever asked for after summiting Salmon Mountain at sunrise.

Getting There

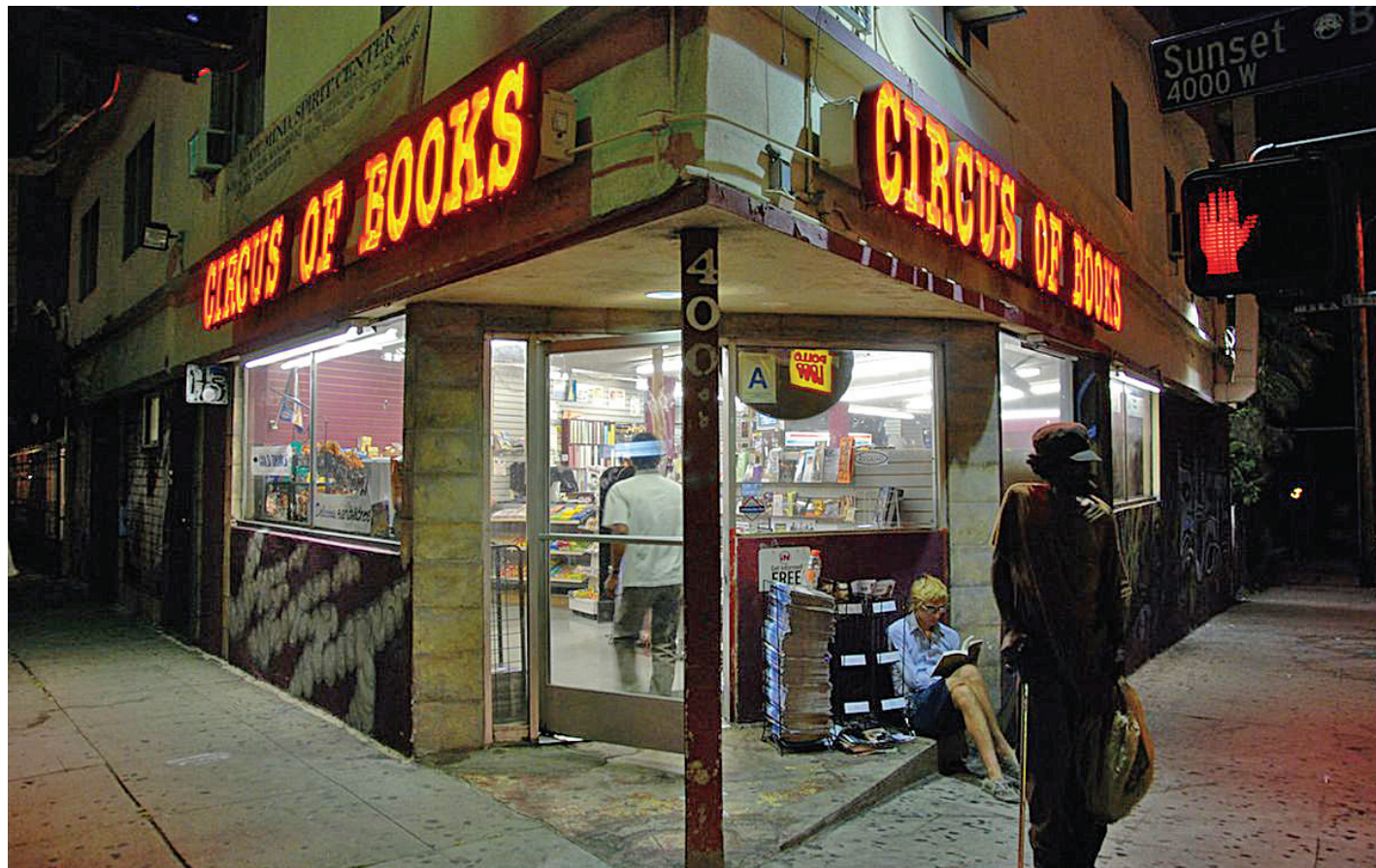
Take State Route 299 East to Willow Creek. Once in Willow Creek, turn left onto State Route 96 toward the Hoopa Valley Reservation and ultimately Orleans. From Orleans, turn right onto Red Cap Road. When the road forks, veer left onto what is formally known as 10N01 or Salmon Mountain Trail on Google Maps. There will be other forks in the road — always stay left. The road will dead end where you will see a sign for Red Cap Lake and the trailhead to Salmon Mountain. The drive one-way to the trailhead should take anywhere between 2.5-3 hours. ●

Sean Jansen is a freelance writer and photographer in Humboldt. He prefers he/him pronouns.

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You're not really a hipster unless your porn is print.

Circus of Books

Dirty Magazines and Antiquarian Books vs the Internet

Circus of Books and The Booksellers

By John J. Bennett

screens@northcoastjournal.com

CIRCUS OF BOOKS. Even owning a prominent gay-porn bookstore and social hub is, at the end of the day, just a job. So goes one object lesson from Rachel Mason's charming, heartfelt documentary *Circus of Books*. And she would know: Her decidedly unassuming parents Karen and Barry owned and operated the titular shop for more than 30 years. Along the way they also became producers and distributors of some prominent gentlemen's movie titles, were prosecuted by the federal government, saw many of their staff and customers perish in the AIDS epidemic and obscured the nature of their livelihood from their three children. Just another day — or third of a century — at the office.

The middle 1970s found the elder Masons seeking gainful employment. After Karen gave up the strain and horrors of news reporting in Ohio, and decamped to Southern California, she met Barry at a Jew-

ish singles mixer. He, a University of California Los Angeles film school grad, had begun a career in special effects, but transitioned into medical appliances after inventing a failsafe sensor for dialysis machines. When malpractice insurance rates skyrocketed, though, the couple found themselves unemployed with a family to feed.

In the course of her previous career, Karen had at one point interviewed an up and coming publisher named Larry Flynt, so when she spotted a notice that his company was seeking distributors for a new magazine called *Hustler* (which the major news sellers refused to carry), she brought it to Barry as a stop-gap income opportunity. He did the due diligence, determined that they could easily pick up enough accounts to make the whole thing viable and the Mason family was in the smut business.

As time went on, Karen and Barry built

themselves a reputation for honesty and transparency, attributes seemingly in short supply in the porn trade — who knew? — and were able to solidify and expand their business, eventually taking over a brick and mortar location in the Silver Lake section of Los Angeles in the early 1980s. Before long, they had added a second location and set up a movie production company, all (mostly) unbeknownst to their daughter and two sons. It was the American dream, bedecked with dildos. But, as has been the case with so many beautiful things, it couldn't survive the internet.

Rachel's movie introduces us to the Masons as they prepare to permanently shutter the store. It moves back through the decades, to an era when the business thrived, even when beset by the "obscenity" obsessed Reagan and Bush administrations, and the cultural devastation of the

Continued on next page »

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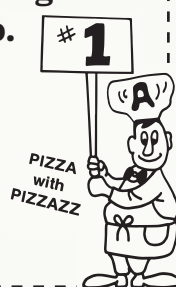
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NCJ SCREENS

Continued from previous page

AIDS epidemic. It then pulls in tighter on the family, examining the complexity of realizing, as an adolescent, that your quirky little parents own one of the most prominent porn shops and hook-up destinations in Southern California. Because Karen and Barry are transparent and effusive above all things, and because they are being interviewed by their own daughter, the barrier to entry here seems much lower than in most documentary settings. There are subjects Karen in particular doesn't relish — the scene in which she shops for sex-toy inventory while refusing to look at it conveys both business acumen and imposed innocence, to sweetly humorous effect — but the couple don't shy from any of the questions posed to them, at least on screen.

For as much as it gets right — and it's a long list — *Circus of Books'* main shortcoming is trying to take on so much in too little time. At a brisk 92 minutes, the narrative certainly never flags, rather leaving one with the feeling that sections could have been expanded for greater impact. All things considered, this is the best possible problem the movie could have and even if it suggests stories left untold, the document with which we are left is an intimate, composed and ultimately a hopeful one. NR. 92M. NETFLIX.

THE BOOKSELLERS. This, by contrast, feels like a work of atmosphere searching for a through-line. Like *Circus of Books*, it

focuses on an industry decimated by the internet — antiquarian book dealers and collectors, in this case — and attempts to tie together too many disparate threads. But where *Circus* benefits from the proximity of its maker to her subject, *The Booksellers* feels frustratingly distant from its subject; its depth suffers for excessive breadth.

Directed and edited by D.W. Young, *The Booksellers* explores the multi-generational rare-book world of New York City, spending time inside dazzling private collections, multi-generational retail landmarks, fairs, auctions and the pages of manuscripts themselves. For a lover of books, the near-tactile experience of the thing is almost worth the price of admission but the deliciousness of the atmosphere can't quite transcend the unfocused nature of the narrative.

Maybe because it focuses on such a microcosmic subculture, maybe because that subculture seems somewhat exclusionary in its rarification, *The Booksellers* seems to leave its subject unfairly unexamined. It's a fun tour of the collections, which is not to be underestimated, but the movie does little to contextualize or critically examine the little world in which it is set. NR. 99M. MINIPLEX STREAMING.

John J. Bennett is a movie nerd who loves a good car chase and prefers he/him pronouns.



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Calendar

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File

Find out what's new with the Great Redwood Trail project at the **Virtual Humboldt Trails Summit with State Senator Mike McGuire. Saturday, June 6, 9-11 a.m.** Tune in for a live **Zoom** session where Sen. Mike McGuire, trail supporters and local trail experts give updates on local trail projects, on-location video and more. Send your questions in advance to humboldttrailssummitquestions@gmail.com. Get the Zoom info at www.humtrails.org or Facebook page: Humboldt Trails Council - Home. Happy trails.



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God save the queens. June is Pride month and KEET TV has the story of how it all began. Explore the dramatic events that launched a worldwide rights movement told by those who were there — from drag queens to policemen in American Experience: Stonewall Uprising on **Tuesday, June 9 at 9 p.m. on KEET Channel 13.1.** Rest in power, Marsha P. Johnson.



Tuesday, June 9th
9:00 - 10:00 a.m.

Submitted

The doctors are in. Check in with Tom Jackson, president of Humboldt State University and Keith Flamer, president of College of the Redwoods, in the live **Zoom** webinar: **A Conversation with the Presidents of HSU & CR on Tuesday, June 9 at 9 a.m.** In addition to presentations by both prezzes, there will be a moderated Q&A. Send your advance questions to Arcata@ArcataChamber.com. Pre-register at www.us02web.zoom.us/join/register/WN_f_CRKOSRqGTG04orLagQ.

BULLETIN BOARD

The City of Eureka is reaching out to the community to seek photos and memories of Sequoia Park and its playground or the Sequoia Park Zoo for the Sequoia Park Improvement Project. Do you have fond memories and photos of the 125-year-old spaces that you would be willing to share? Submissions can be sent by email to sequoiaparkmemories@ci.eureka.ca.gov or uploaded to www.sequoiaparkmemories.com or mailed to Sequoia Park Memories, c/o Adorni Community Center, 1011 Waterfront Drive, Eureka, CA 95501.

Dell'Arte Humboldt Scholarship. Dell'Arte International School of Physical Theatre announces a one-time-only scholarship for its cornerstone Professional Training Program, a one-year program designed for students with a desire to journey into the realms of actor-created theatre. The Humboldt Scholarship is open to all Humboldt County residents and covers one-third of the tuition (amounting to a \$4,200 discount). To apply to the Professional Training Program and be considered for the scholarship, visit www.dellarte.com or contact matt@dellarte.com.

Friends of the Redwood Library invite children to use their imagination to draw a picture or character from a favorite book for its annual Children's Art Calendar. Fill out the application at www.eurekafrl.org and enter up to three pictures by sending photos of the drawing(s) to frlcalendar@gmail.com or P.O. Box 188 Eureka, CA 95502. All who enter get a gift certificate to the Serendipity Book Store upstairs in the Eureka Main Library.

KEET is accepting short quarantine videos. Shoot a one-minute clip on your phone or tablet about how you're spending your downtime during shelter in place — gardening, cooking, knitting, whatever works for you — as well as whatever silver linings you've discovered. Send video files to toproduction@keet-tv.org. These short videos will be used on KEET-HD and may be edited for length.

Humboldt County Library materials are available even without a library card. Create an e-account at www.humlib.org with just your name, zip code and an email address for access to e-books, audio books, magazines and databases, even while the library is closed. Click "Connect with a Librarian or Get an e-Account" or call 269-1915 Tuesdays through Saturdays 10 a.m. to 5 p.m. Or use your library card on the site, even if carrying a bill. Wi-Fi is also available outside all library locations Tuesdays through Saturdays from 9 a.m. to 9 p.m. Please observe social distancing while using library Wi-Fi. Hold onto library books and other materials, as drop boxes are locked.

Quarantine Café seeks submissions. Share your gifts with the daily half-hour program featuring performances and interviews with musical acts from around the world. For submission guidelines, go to www.facebook.com/quarantinecafe. New episodes air weekdays at 3 p.m. The entire backlog of episodes is available on Facebook and soon YouTube. Email quarantinecafe2020@gmail.com.

The Humboldt County Animal Shelter will be closed to the public until the shelter-in-place order is lifted, though staff will still be feeding and caring for the animals, as well as taking calls Monday through Friday from 8 a.m. to 4:30 p.m. Adoptions can be made by appointment. If your pet is impounded at the shelter, call 840-9132 to make pick-up arrangements. If you leave a message, your call will be returned.

GET HELP/GIVE HELP

The city of Eureka is accepting donated face coverings. Homemade cloth masks, no-sew masks, bandanas and elastic hair ties will be sanitized and distributed to St. Vincent de Paul, the Eureka Rescue Mission and the Betty Kwan Chinn Day Center. Wear a face covering when leaving masks or materials in the **donation box** outside the main entrance of **Eureka City Hall** at 531 K St. **weekdays from 8:30 a.m. to noon and 1 to 4 p.m.**

Area 1 Agency on Aging Partners and the Friendship Line offer support to seniors. Older adults can call the toll-free "warm line" (1-888-670-1360) for a friendly listening ear and emotional support for those facing loneliness, isolation or anxiety, including concerns about COVID-19. Both the new number and the 24-hour, toll-free Friendship Line (1-800-971-0016) will take inbound calls, as well as offer pre-scheduled outbound call service.

Redwood Community Action Agency is offering help with energy bills — home heating bill or the purchase of propane, firewood, pellets or kerosene — for low to moderate income households. Call 444-3831, extension 202, to see if you qualify. To learn more about RCAA's programs and services, visit www.rcaa.org or call 445-0881.

CalFresh EBT cards can be used for online and home delivery shopping at Amazon and Walmart. Visit www.getcalfresh.org to apply or call (877) 847-3663 to be connected to your local county social service office.

Redwood Coast Energy Authority is offering a \$500 rebate for purchasing electric bikes through October or until funds run out. Learn more at www.redwoodenergy.org/services/transportation/electric-bikes-rebate, call 269-1700 or email EV@redwoodenergy.org.

Humboldt County free school meals are available. For a complete list of all district meal times and distribution locations, visit the Humboldt County Office of Education's website: www.hcoe.org/covid-19-2/school-meal-times-and-locations.

Northern California Community Blood Bank: You can make an extremely essential outing and safely donate at a number of times and locations around Humboldt. Blood mobiles and the blood center are set up for social distancing. Visit www.nccbb.net for a full schedule.

Mad River Community Hospital: Donations of PPE can be made at the main hospital entrance Monday through Friday, noon to 2 p.m. Facilities in need of masks can reach out to the Facebook group Humboldt Coronavirus Mask Makers for donations.

Emergency Grants Available to Help College Students Stay in School with a \$500 California College Student Emergency Support Fund for low-income students who are currently enrolled full time and have already completed 24 semester units. Undocumented immigrants, foster youth and those who are housing insecure are urged to apply. Apply online at www.missionassetfund.org/ca-college-student-grant.

SoHum Health's hospital and clinic staff are calling seniors residing in the area to offer a wellness check, information on grocery delivery services via the Healy Senior Center, prescription refills and delivery, and Tele-health visits with their clinic providers, if needed. Don't wait for a call, contact SoHum Health's Senior Life Solutions at 922-6321.

Humboldt Area Foundation and its affiliate the **Wild Rivers Community Foundation** (in Crescent City) have launched the **COVID-19 Regional Response Fund**. Tax-deductible contributions can be made by mail, at www.hafoundation.org or in person. Grants will go to nonprofits, other charitable organizations and Native Indigenous organizations in Trinity, Humboldt, Del Norte and Curry counties. Visit www.hafoundation.org or call 442-2993.

Pacific Gas and Electric Co. (PG&E) is implementing a series of billing and service modifications effective immediately to support customers experiencing hardships as a result of the COVID-19 pandemic. For more information, visit www.pge.com/covid19.

EVENTS

ARTS & MUSIC

Club Triangle Streaming Saturdays. Saturdays. Virtual World, online. Weekly online queer variety show. Submissions accepted daily then shared on Streaming Saturdays all day. Post your art on social media and tag @clubtriangle.

#coronoshesbettadont. www.instagram.com/clubtriangle. www.facebook.com/clubtriangle707. Free.

EmRArt with James Zeller. Saturdays, 2-4 p.m. Virtual World, online. Cross-platform entertainment from remote locations. James Zeller plays jazz from Arcata, and Emily Reinhart lays charcoal on birch wood in Eureka. Watch via Facebook (www.facebook.com/EmRArt) or by YouTube. Free. emily@emilyreinhardt.com. www.youtube.com/channel/UC1clGc_-RErDvHWjNBsbhIQ.

The Future Is Now: A Zoom Communique. Thursdays, 6:30-8 p.m. Virtual World, online. A fun and interactive Zoom call based in Humboldt County. Join time travelers from your future who are searching for the artifacts from our time that predict life in the decades to come. Do you dream and work for a better future? Hear how your work turns out! Email or visit the Facebook event page for the Zoom link. Free. CoopHumEd@gmail.com. www.facebook.com/events/165709037763791.

The J Street Regulars Radio Hour. Mondays-Fridays, 7-8 p.m. Virtual World, online. A live-stream performance from the Sanctuary's Great Hall via Facebook Live. One of the J Street Regulars hosts, performing live and taking requests. Free, donations via website welcome. nanioldickerson@gmail.com. www.sanctuaryarcata.org/donate. 822-0898.

King Maxwell Quarantine Funk #9. Fridays, 9-11 p.m. Virtual World, online. Are you missing Soul Party? Every Friday at 9pm King Maxwell spins funk and soul tunes. Join the King for a joyous dance party as you quarantine in place. Enjoy the sounds of funk, soul, electro, disco, roller skating jams, and boogie while the King adds vocoder flavor. King Maxwell is part of the Arcata Soul Party Crew who host all-vinyl, \$5 parties at Humboldt Brews. We'll be back playing your favorite dance floor fillers, but until then you get to enjoy the club without going out! Free. arcatasoulpartycrew@gmail.com. www.youtube.com/watch?v=pssTRy5HLAK.

Social Distancing Festival. Virtual World, online. A site for celebrating art from all over the world. Tune in for live streams of music, theater, storytelling, performance art and more. www.socialdistancingfestival.com. Free. www.socialdistancingfestival.com.

Socially Distant Fest. Another Facebook group for virtual connection and entertainment with 57,000 members and growing. From the group's "About" page: "This group has been created to bring some entertainment to those of us that are isolated/quarantined or distanced socially because of the COVID19 pandemic. We welcome performers of all backgrounds (musicians, poets, puppeteers, fire spinners, etc.) to share their talents with us! We will have a showcase every Sunday." Email howdy@sociallydistantfest.com to perform. Find it at www.facebook.com/groups/sociallydistantfest.

Quarantine Sing-along. Ongoing, 7 p.m. Virtual World, online. A Facebook group to join if you like fun group singing. Song of the day posted at 3 p.m., singing starts at 7 p.m. www.facebook.com/groups/quarantinesingalong. Free.

BOOKS & SPOKEN WORD

Reading in Place online book club. Saturdays, 1 p.m. Virtual World, online. Join the Humboldt County Library for a new online reading group with meetings via Zoom. Discuss a different short story each week and connect with other readers. Sign up using the Google Form link online or via the library's Facebook page and you'll receive an email with the Zoom meeting link to click when it's time to start. Free. www.humboldt.gov.org/Calendar.aspx?EID=5991&month=4&year=2020&day=25&calType=0. 269-1915.

Poetry on the Edge. Ongoing, noon. Virtual World, online. This Facebook group of Humboldt County poets (and lovers of poetry) is about living on the edge of the continent, on the edge because of the crazy pandemic we're living in, and because words give us a way to explore both the

Continued on next page »

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Type of Class	Class Title	Course Dates	Section
Asynchronous: Students participate in online class each week on any day and time that works for them.	EDUC 203: Getting Started with Online Classes in Canvas	6/29/2020-7/23/2020	V1223
	EDUC 207: Getting Started with Computers	6/2/2020-6/30/2020	V1224
	EDUC 225: High School Equivalency/GED Preparation	6/1/2020-7/2/2020	V1228
	ESL 205: Fundamental ESL, Career & Education Vocabulary	7/6/2020-7/23/2020	V1271
	ESL 210: Intermediate ESL	6/1/2020-7/1/2020	V1225
	ESL 210: Intermediate ESL	6/1/2020-7/1/2020	V1226
Synchronous: Students must meet online during set dates and times.	READ 260: Developing Literacy	6/1/2020-7/2/2020	V1222
	WORK 220: Excellent Customer Service	6/1/2020-6/3/2020 9am-12pm, Mon/Tues/Wed	V1229
	WORK 227: Team Building	6/8/2020-6/10/2020 9am-12pm, Mon/Tues/Wed	V1230
	WORK 224: Conflict Management	6/15/2020-6/17/2020 9am-12pm, Mon/Tues/Wed	V1231
	WORK 223: Happiness in the Workplace	6/22/2020-6/24/2020 9am-12pm, Mon/Tues/Wed	V1232
Correspondence: Students participate through mailed assignments.	WORK 282: Communicating in ASL	6/6/2020-6/27/2020 11am-1pm, Sat	V1227
	GUID 207: Life Management and Career Preparation for Students with Disabilities	6/1/2020-7/2/2020	E1272

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Next Steps
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2. Call to register 707-476-4520

NCJ CALENDAR

Continued from previous page

shadows and the light. Hosted by Eureka Poet Laureate David Holper. Free.

DANCE & MOVEMENT

Dancing Stars of Humboldt 2020 Now Streaming. Ongoing. Virtual World, online. On March 14, the Dancing Stars of Humboldt, shut down by the early social distancing order, performed to a nearly empty theatre. With a tiny audience of about 20 close family members, our local Dancing Stars danced their hearts out, and were captured on video. You can stream the show for a limited time! Did you buy a ticket? Contact dancingstarsofhumboldt@gmail.com with a photo of your ticket(s) or ticket numbers, and DSH will provide you with a "ticket" to the virtual show. \$15. dancingstarsofhumboldt@gmail.com. 4411708.flickrrocket.com/us/All-Products/c/1. 888-418-8346.

Hip Hop Dance Class with Cleo. Mondays, 2-3 p.m. Virtual World, online. Let loose with some easy footwork and isolation, while finding your own groove. Wear stretchy clothes and prepare space to jump around and shake what your mama gave ya. Donations of any amount can be sent through PayPal under Cleo_deorio@yahoo.com. Pay what you can. cleo_deorio@yahoo.com or Venmo under @cleodeorio. www.youtube.com/channel/UC3K_ieEdMDot-n2qjZcIKh2g. (567) 242-8953.

Modern Dance Class with Cleo. Thursdays, 10-11 a.m. Virtual World, online. A relaxing and explorative modern class from the comfort of your own home. Find balance, strength and flexibility amid the quarantine stress. Wear stretchy clothes and prepare space to sprawl out on the floor. This class will be hosted on YouTube Live and is pay-what-you-can. Donations of any amount can be sent through PayPal under Cleo_deorio@yahoo.com or Venmo under @cleodeorio. Pay what you can. cleo_deorio@yahoo.com. www.youtube.com/channel/UC3K_ieEdMDot-n2qjZcIKh2g.

Restorative Movement. Tuesdays and Thursdays, 10:30-11:30 a.m. & 1:30-2:30 p.m. Virtual World, online. This class includes breath work, relaxation, and a variety of yoga and non-yoga movement styles. Tuesday classes focus on strength and mobility. Thursday classes focus on relaxation and breath work. Contact instructor Ann Constantino for a link to the

online class orientation. Free. annconstantino@gmail.com. www.sohumhealth.org. 923-3921.

Tabata. Mondays, Wednesdays, Fridays, 5:30-6:30 p.m. Virtual World, online. SoHum Health presents online Tabata classes. Tabata exercises are short, high intensity cardio workouts consisting of quick rounds of exercise at maximum effort, followed by 10 seconds of rest. Contact instructor Stephanie Finch by email for a link to the online class. Free. sfinch40@gmail.com. www.sohumhealth.org.

Zumba Live with Tigger. Tuesdays and Thursdays at 5:30 p.m. Virtual World, online. Via Facebook Live and Zoom. Find Tigger Bouncer Custodio on Facebook for details.

FOOD

Arcata Plaza Farmers' Market. Saturdays, 9 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. The Arcata Plaza Farmers Market has a variety of fruits, vegetable, plant starts, flowers and more. Visit the NCGA website to view updates and protocols to help keep the market safe and open. Free. info@northcoastgrowersassociation.org. www.northcoast-growersassociation.org. 441-9999.

Eureka Henderson Center Farmers' Market. Thursdays, 10 a.m.-1 p.m. Henderson Center, Henderson near F Street, Eureka. Fresh and local fruits, vegetables, plant starts, flowers and more. Visit the NCGA website to view updates and protocols to help us keep the market safe and open. Free. info@northcoastgrowersassociation.org. www.northcoast-growersassociation.org. 441-9999.

Fortuna Farmers Market. Tuesdays, 3-6 p.m. Tenth and Main streets, Fortuna. Local farmers bring fresh fruits, vegetables, plants starts, flowers and more. Visit the NCGA website to view updates and protocols to help us keep the market safe and open. Free. info@northcoastgrowersassociation.org. www.northcoast-growersassociation.org. 441-9999.

Garberville Farmers Market. Fridays, 11 a.m.-3 p.m. Garberville Town Square, Church Street. Humboldt County farmers bring their fresh, locally grown fruits, vegetables, plant starts, flowers and more. Visit the NCGA website to view updates and protocols to help us keep the market safe and open. Free. info@northcoastgrowersassociation.org. www.northcoast-growersassociation.org. 441-9999.

NCJ CARTOONS



McKinleyville Farmers Market. Thursdays, 3-6 p.m. Eureka Natural Foods, McKinleyville, 2165 Central Ave. In the parking lot of the McKinleyville Eureka Natural Foods. Humboldt County farmers will be selling locally grown fruits, vegetables, plant starts, succulents, flowers and more. Visit the NCGA website to view updates and protocols to help us keep the market safe and open. Free. info@northcoast-growersassociation.org. www.northcoastgrowersassociation.org. 441-9999.

Miranda Farmers Market. Mondays, 2-6 p.m. Miranda Market, 6685 Avenue of the Giants. The Miranda Farmers' Market features Humboldt County farmers and vendors, bringing you fresh delicious food weekly. Visit the NCGA website to view updates and protocols to help us keep the market safe and open. Free. info@northcoast-growersassociation.org. www.northcoastgrowersassociation.org. 441-9999.

Shelter Cove Farmers' Market. Tuesdays, 11 a.m.-3 p.m. Mario's Marina Bar, 533 Machi Road, Shelter Cove. Humboldt County farmers and vendors bring a variety of fruits, vegetables, plant starts, flowers and more. Visit the NCGA website to view updates and protocols to help us keep the market safe and open. Free. info@northcoast-growersassociation.org. www.northcoastgrowersassociation.org. 441-9999.

Willow Creek Farmers' Market. Thursdays, 6 p.m. Veteran's Park, 135 Willow Road, Willow Creek. The Willow Creek Farmers' Market brings delicious locally grown food to Willow Creek. Visit the NCGA website to view updates and protocols to help us keep the market safe and open. Free. info@northcoast-growersassociation.org. www.northcoastgrowersassociation.org. 441-9999.

KIDS

Boston Children's Museum Walk-through Tour. Ongoing. Virtual World, online. See the fun, educational exhibits from your couch. Free. www.bostonchildrensmuseum.org/museum-virtual-tour.

Drag Queen Story Hour. Virtual World, online. Glitter, wigs and stories for the kids. Visit www.facebook.com/pg/dragqueensstoryhour/events to see who's reading when and hear a fabulous story. Free.

Goodnight with Dolly. Thursdays, 4 p.m. Virtual World, online. "Goodnight with Dolly" will continue every week on Thursday nights until June 4. Dolly Parton will read a book carefully chosen for appropriate content from the Dolly Parton's Imagination Library. www.facebook.com/dollysimaginationlibrary.

Mondays with Michelle Obama. Mondays, 3 p.m. Virtual World, online. Read along with the former First Lady via PBS' Kids Facebook page and YouTube channel, and Penguin Random House's Facebook page.

Roald Dahl Museum Read Along. Ongoing. Virtual World, online. Fun and engaging resources for educators, parents and kids. www.roalddahl.com/things-to-do-indoors. Free.

San Diego Zoo Kids. Ongoing. Virtual World, online. Zoo videos, activities and games. www.kids.sandiegozoo.org. Free.

Virtual Field Trips. Ongoing. Virtual World, online. For kids (and grown-ups, too!) Visit the Great Wall of China, Anne Frank House, Monterey Bay Aquarium, International Space Station, The Louvre Museum and more. www.freedomhomeschooling.com/virtual-field-trips. Free.

Virtual Marine Camp for Kids. Mondays, 11 a.m. Virtual World, online. Seattle-based Oceans Initiative marine biologists and parents Erin Ashe and Rob Williams livestream Mondays simultaneously on Instagram and Facebook. No need to sign up. Just like and follow their pages, and they'll "see" you Mondays at 11 a.m. Free. [@oceansinitiative](https://www.facebook.com/OceansInitiative), www.oceansinitiative.org/blog.

MOVIES & THEATER

American Experience: Stonewall Uprising. Tuesday, June 9, 9 p.m. Explore the dramatic events that launched a world-wide rights movement. Told by those who were there – from drag queens to policemen. On KEET Ch. 13.1.

Miniplex Movie Premiers. Virtual World, online. Support the Miniplex and enjoy fresh arthouse cinema at home. Check out films for three to five days (details online). Movies TBA. \$12. www.miniplexevents.com/movies.

Minor Theater Movie Premiers. Virtual World, online. Support the Minor from your home theater. Check out films for three to five days (details online). Movies TBA. \$12. www.minortheatre.com.

Tales of the Frightened. Saturday, June 6, 5-7 p.m. Virtual World, online. Are you one of the frightened? Do you whistle past the graveyard late at night? Or look behind you in a darkened room? Join us for two hours of ghostly fun with songs, scary stories and short blood-curdling films. A YouTube link will posted at www.facebook.com/events/595144314438430 to watch the show. Hosted by Robo-Cat Productions.

Radioman. Virtual World, online. The 2019 Dell'Arte production the wartime drama based on Eric Hollenbeck's book Uncle Sam's Tour Guide to Southeast Asia and stories by other veterans with playwright Jim McManus. Via Dell'Arte's Vimeo and YouTube channels. Donation. www.dellarte.com.

Rise Up: Songs of the Women's Movement. Friday, June 5, 8:30 p.m. An inspiring documentary about the songs that gave strength to the Women's Movement. Original footage of performances by Aretha Franklin, Helen Reddy, Dolly Parton, Cyndi Lauper, Melissa Etheridge, Tina Turner and many more. On KEET Channel 13.1.

MUSEUMS & TOURS

Buckingham Palace, Mount Vernon and More Historic Homes You Can Virtually Tour. Ongoing. Virtual World, online. Enjoy the stunning architecture and interior design of many significant homes from the comfort of your own couch. Go to www.housebeautiful.com/design-inspiration/g31677125/historic-homes-you-can-virtually-tour. Free.

Cultural, Historical and Scientific Collections You Can

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Explore Mars. Ongoing. Virtual World, online. Explore the surface of Mars on the Curiosity rover. www.accessmars.withgoogle.com. Free.

Gardens You Can Virtually Tour. Ongoing. Virtual World, online. From Claude Monet's garden in France to the Hawaii Tropical Botanical Garden to Waddesdon Manor in England. Visit www.housebeautiful.com/lifestyle/gardening/g31746949/gardens-you-can-virtually-tour. Free.

Monterey Bay Aquarium Live Cams. Ongoing. Virtual World, online. View different live cams of Monterey Bay Aquarium exhibits. www.montereybayaquarium.org/animals/live-cams. Free.

California Native Plant Society Wildflower Show. Virtual World, online. The North Coast Chapter of the California Native Plant Society hosts photos of wildflowers and their habitats; presentations on pollination and pollinators; posters and slideshows about invasive plants, dune plants and Wiyot plants; and lessons on wildflower art. susanpenn60@gmail.com. www.northcoastcnps.org. 672-3346.

NASA Space Center's Hubble Space Telescope. Ongoing. Virtual World, online. Take a virtual tour of NASA Space Center's Hubble Space Telescope. www.nasa.gov/content/goddard/hubble-360-degree-virtual-tour. Free.

Panda Cam at the Zoo Atlanta. Ongoing. Virtual World, online. www.zooatlanta.org/panda-cam. Free.

Winchester Mystery House Virtual Tour. Virtual World, online. An exploration of the famously spooky home while it's closed for the COVID-19 pandemic. Follow Winchester Mystery House's Facebook page for the next opportunity to tune in for a walkthrough of the house, which will stream on select days at 1 p.m. Free. www.winchestermysteryhouse.com/video-tour.

Yellowstone National Park Virtual Field Trip. Ongoing. Virtual World, online. Explore Mud Volcano, Mammoth Hot Springs and more. www.nps.gov/yell/learn/photosmultimedia/virtualtours. Free.

ETC.

A Conversation with the Presidents of HSU & CR. Tuesday, June 9, 9 a.m. Virtual World, online. Join this live Zoom webinar with Tom Jackson, President of HSU and Keith Flamer, President of CR. Presentations by both presidents and moderated Q&A discussion will take place. Submit advanced questions for the presenters to Arcata@ArcataChamber.com. Pre-Register at www.us02web.zoom.us/join/register/WN_F_cRKCOSRqTG04orLagqQ. The conversation will be recorded and available after the event.

Weekly Check-in with Rep. Huffman. Wednesdays, noon. Virtual World, online. Rep. Jared Huffman (D-San Rafael) will hold Facebook Live check-ins to engage with his constituents on the latest updates regarding the novel coronavirus pandemic and to answer questions about the federal response. More information at www.huffman.house.gov/coronavirus. Free. www.facebook.com/rephuffman.

Virtual Humboldt Trails Summit with State Sen. Mike McGuire. Saturday, June 6, 9-11 a.m. Virtual World, online. State Senator Mike McGuire will join trail supporters and local trail experts for updates on local trail projects, on-location video and a status update on the Great Redwood Trail project. Send questions about trails in advance to humboldttrailssummitquestions@gmail.com. More details about the event and how to connect are at www.humtrails.org or Facebook page: Humboldt Trails Council - Home.

WORKSHOPS & CLASSES

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STEEL DRUM CLASSES. Weekly Beginning Class: Level 2 Beginners Class Fri's. 11:15a.m.-12:45p.m. Beginners Mon's 7:00p.m.-8:00p.m. Pan Arts Network 1049 Samoa Blvd. Suite C (707) 407-8998. panartsnetwork.com (DMT-1231)

Fitness

QI GONG FOR IMMUNE BOOSTING AND LUNG HEALTH (ONLINE) JUL 13 – 27. Visit www.redwoods.edu/communityed or call CR Workforce & Community Education for more information at (707) 476-4500. (F-0604)

SUN YI'S ACADEMY OF TAE KWON DO. Classes for kids & adults, child care, fitness gym & more. Tae Kwon Do Mon-Fri 5-6 p.m., 6-7 p.m., Sat 10-11 a.m. Come watch or join a class, 1215 Giuntoli Lane, or visit www.sunyisarcata.com, 825-0182. (F-1231)

50 and Better

OLLI ONLINE CLASSES: Shelter in place but stay connected with OLLI. Get more information or register @HSUOLLI (O-1231)

OLLI ONLINE: CAREGIVING IN THE TIME OF COVID: MANAGING DIFFICULT EMOTIONS WITH JAMIE JENSEN AND PHOEBE CELITTI. Explore the unique challenges of family caregiving in the context of a pandemic and get tools and resources for coping. Wed., June 17 from 2-4 p.m. OLLI Members \$20. Sign up today! 826-5880 or www.humboldt.edu/olli (O-0528)

OLLI ONLINE: HUMBOLDT BAY A PHOTO-GRAPHIC JOURNEY WITH ALDARON LAIRD AND JERRY ROHDE. Take a photographic journey through the Bay's six hydrographic areas. View interesting historical images to highlight little known artifacts and past developments, as well as current uses of the Bay waters and waterfronts. Sat., June 20 from 1-3 p.m. OLLI Members \$20. Sign up today! 826-5880 or www.humboldt.edu/olli (O-0604)

Spiritual

EVOLUTIONARY TAROT Ongoing Zoom classes, private mentorships and readings. Carolyn Ayres. 442-4240 www.tarotofbecoming.com carolyn@tarotofbecoming.com (S-1231)

HUMBOLDT UNITARIAN UNIVERSALIST FELLOWSHIP. We are here to change lives with our love. Services at 9am and 11am on Sunday. Child care is provided. 24 Fellowship Way, off Jacoby Creek Rd., Bayside. (707) 822-3793, www.huuf.org. (S-0130)

SOTO ZEN MEDITATION Sunday programs and weekday meditation in Arcata locations; Wed evenings in Eureka, arcatazengroup.org Beginners welcome, call for orientation. (707) 826-1701 (S-1231)

Therapy & Support

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SEX/ PORN DAMAGING YOUR LIFE & RELATIONSHIPS? Confidential help is available. 707-825-0920, saahumboldt@yahoo.com (T-1231)

SMART ON ZOOM 707 267 7868. (T-0625)

SMOKING POT? WANT TO STOP? www.marijuana-anonymous.org (T-1231)

Vocational

BEGINNING EXCEL (ONLINE) JUN 29 – JUL 8. Visit www.redwoods.edu/communityed or call CR Workforce & Community Education for more information at (707) 476-4500. (V-0604)

EMERGING LEADERS INSTITUTE: LEADERSHIP IN THE TIME OF COVID 19 (ONLINE) JUN 22 – JUL 17. Visit www.redwoods.edu/communityed or call CR Workforce & Community Education for more information at (707) 476-4500. (V-0604)

EXPLORING ASTRONOMY ESESSIONS (ONLINE) JUN 29 – JUL 16. Visit www.redwoods.edu/communityed or call CR Workforce & Community Education for more information at (707) 476-4500. (V-0604)

FREE AMERICAN SIGN LANGUAGE CLASSES Call College of the Redwoods Adult Education at 707-476-4520 for more information or come to class to register. (V-0604)

FREE BEGINNING LITERACY CLASS Call College of The Redwoods Adult Education at 707-476-4520 for more information or come to class to register. (V-0604)

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FREE GED/HISET PREPARATION Call College of the Redwoods Adult Education at 707-476-4520 for more information or come to class to register. (V-0625)

FREE LIVING SKILLS FOR ADULTS WITH DISABILITIES Call College of the Redwoods Adult Education at 707-476-4520 for more information or come to class to register. (V-0604)

FROM ILLEGALITY TO ILLUMINATION: CANNABIS IN HISTORY (ONLINE) JUN 23 – 25. Visit www.redwoods.edu/communityed or call CR Workforce & Community Education for more information at (707) 476-4500. (V0604)

INTERMEDIATE EXCEL (ONLINE) JUL 13 – 22. Visit www.redwoods.edu/communityed or call CR Workforce & Community Education for more information at (707) 476-4500. (V-0604)

MINDFUL PARENTING (ONLINE) JUL 6 – AUG 10. Visit www.redwoods.edu/communityed or call CR Workforce & Community Education for more information at (707) 476-4500. (W-0604)

PLAIN AND FANCY: THE CULTURE OF THE PENNSYLVANIA DUTCH (ONLINE) AUG 4 – 6. Visit www.redwoods.edu/communityed or call CR Workforce & Community Education for more information at (707) 476-4500. (V-0604)

THE FOREST BENEATH THE CLOUDS: THE CHINESE IN NORTHWESTERN CALIFORNIA (ONLINE) JUL 21 – 23. Visit www.redwoods.edu/communityed or call CR Workforce & Community Education for more information at (707) 476-4500. (V-0604)

Wellness & Bodywork

DANDELION HERBAL CENTER CLASSES WITH JANE BOTHWELL. Beginning with Herbs. Sept 16 – Nov 4, 2020, 8 Wed. evenings. Learn medicine making, herbal first aid, and herbs for common imbalances. 10-Month Herbal Studies Program. Feb – Nov 2021. Meets one weekend per month with three camping trips. Learn in-depth material medica, plant identification, flower essences, wild foods, formulations and harvesting. Register online www.dandelionherb.com or call (707) 442-8157. (W-0528)

MINDFULNESS FOR ANXIETY AND STRESS RELIEF (ONLINE) JUL 15 – AUG 12. Visit www.redwoods.edu/communityed or call CR Workforce & Community Education for more information at (707) 476-4500. (V-0604)

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Hydroxychloroquine: Dangerous Medicine?

By Barry Evans

fieldnotes@northcoastjournal.com

“Couple weeks ago I started taking [hydroxychloroquine]. Cause I think it is good. I have heard a lot of good stories. And if it is not good, I will tell you, all right, I am not going to get hurt by it.”

Donald Trump, May 19, 2020



Shutterstock

Let's rewind from the present:

May 26: Due to safety concerns, the World Health Organization suspended hydroxychloroquine from its global drug trials involving 3,500 COVID-19 patients in 17 countries.

May 22: *The Lancet* published a study involving 96,032 COVID-19 patients from 671 hospitals worldwide on the effectiveness of hydroxychloroquine, or the similar drug chloroquine, in treating the disease. It found that not only did it offer no benefit, but it increased the risk of heart arrhythmias and death compared to those who did not receive the drug. Of the ones taking hydroxychloroquine, 18 percent died; of those taking chloroquine, 16 percent died. Only 9 percent of the control group (who took neither drug) died.

May 11: Researchers at the University of Albany looked at 1,438 patients with coronavirus who were admitted to 25 New York City area hospitals. Although the death rate for those taking hydroxychloroquine was about the same as those who did not take it, patients on the drug were more than twice as likely to suffer cardiac arrest during the course of the study.

April 16: A Brazilian study testing chloroquine for COVID-19 was stopped early in patients taking a high dose of the drug after some of them developed dangerous heart rhythm problems.

And on and on. It's fair to say that the use of hydroxychloroquine (or chloroquine) as a treatment option for COVID-19 is not just unproven, but potentially dangerous. So just what is this stuff, and why is it promoted as a fix for the virus?

The story really goes back to the 1600s, when Jesuit missionaries noted that bark extract from the cinchona tree was used by Native Peruvians to prevent and treat

malaria. It was later isolated as quinine, the substance that gives tonic water its bitter taste. Hence the popularity of gin and tonic among the Brits in malaria-riddled India during the British Raj.

Fast forward to 1955, when an advanced, synthetic form of quinine, hydroxychloroquine (brand name Plaquenil) was approved for medical use in the United States. It's one of the WHO's "Essential Medicines" (i.e., safest and most effective medicines needed in a health system) and is the 128th most commonly prescribed medication in the U.S. Currently used to treat autoimmune diseases such as lupus, it's also a cheap and effective prophylactic against many forms of malaria. So when COVID-19 appeared, researchers tested it on the new virus *in vitro* (essentially, in a test tube). Sure enough, hydroxychloroquine inhibited replication of the virus. But test tubes aren't people. Nor are lab animals. ("Mice lie and monkeys exaggerate," according to the tenets of infectious disease researchers.)

It's not an open and shut case, of course. Hydroxychloroquine may yet prove to be of use against COVID-19. Currently, Duke University is conducting a large-scale trial of its use as a prophylaxis for health workers. This is one of the "carefully controlled trials" recommended by the *Lancet* study. And in another uncontrolled study, the Mexican Health Ministry recently announced that low-to-medium doses would be given to some 20,000 COVID-19 patients in their homes.

Meanwhile, on May 24, the president announced he was no longer taking it.

Barry Evans (barryevans9@yahoo) was enjoying GGs long before the coronavirus arrived.

OBITUARIES

James
Norman
Senestraro

September 9, 1963 -
May 14, 2020



Jim passed away peacefully in the early evening of May 14, 2020 in Eureka, CA. Jim was born September 9, 1963 in Fortuna, CA to Hector and Alyce (Dusina) Senestraro. He grew up on the family dairy ranch in Alton where he learned how to put in a day's work- up early to milk and late evenings working beside his family. Jim attended school in Fortuna, as a proud Fortuna High School graduate of the Class of 1981 where "We raise he**, we have fun, we're the class of 81!"

During high school Jim started working for Del & Elsie Westman at Del's Liquors and then eventually Hoby's in Scotia where he ended his career in retail and moved on to work at The Pacific Lumber Company. In 2003 he left Pacific Lumber to join the team at the Humboldt County Correctional facility where he remained until his retirement early this year. Jim was not one to sit around so after his retirement he started working at Humboldt Redwoods where he worked until his health no longer allowed it.

On July 29, 1989 he married his best friend Becci Ponci and she remained as his partner and unconditional friend for 35 years. They were blessed by two beautiful daughters, Samantha Lydia in 1991 and Katrina Nicole in 1996. His girls were his light and he enjoyed spending time with them. He was their biggest fan whether it was watching them play sports or encouraging them in their daily endeavors. "No matter where you are his spirit will be beside you. He gave you the greatest gift a Dad could he believed in both of you."

Jim joined the Fortuna Fire Department in 1990 promoting to Captain of Company 5 and serving in that position from 1997 through 2005. He continued his service with the department as an Engineer, and a very good one, until he retired from the fire service in 2018 after having served for 28 years. Even after retirement, Jim enjoyed being with his fire department family by helping with department fund raisers and events. He enjoyed the outdoors and would spend time hanging out with family and friends and riding his 3-wheeler at the local beaches.

Jim is survived by his life partner and best friend Becci Senestraro and their two children and partners, Samantha Lydia (John) and Katrina Nicole (Blake) as well as his namesake, his grandson, Konner James. He is survived by his two sisters and their families, Susie & Gary Huber of Fortuna and Kathy & Dan Brattain of Brookings, OR. Jim is survived by his in-laws, Larry & Dorothy Ann Ponci, his brother and sister in laws and their families, Laurence & Lisa Hindley and Brad and Dana Ponci both of Fortuna. Jim was so blessed by the love of his numerous nieces, nephews as well as his many other relatives. He was preceded in death and welcomed to heaven by his parents, Hector and Alyce Senestraro as well as other family members that preceded him. "There are some who bring a light so great to the world that even after they are gone the light remains." Jim's light was so great that his family is humbled by the outpouring of love to his family from his numerous lifelong friends as well as his Fortuna Fire Department and Humboldt County Sheriff family. His family deeply appreciates each of you that have reached out to us whether it be via a phone call, visit or social media. Your memories, love and support are what is getting us thru this difficult time ... thank you to each and every one of you.

The family would like to send a special thanks to the staff at St Joseph Hospital, Timber Ridge and Hospice of Humboldt for their exemplary care of Jim. We are truly thankful for the warm, loving and thoughtful medical care they gave Jim in his final days.

Due to present conditions a memorial celebration of Jim's life will be held when gatherings are once again allowed. If you would like to honor Jim's memory, please consider these two wonderful programs that were close to Jim's heart and benefit our community . Fortuna Fire Department, 320 South Fortuna Blvd, Fortuna, CA 95540 and Shop with a Cop c/o Eureka Police Foundation, 604 C Street, Eureka, CA 95501.

Obituary Information

Obituary may be submitted via email (classifieds@northcoastjournal.com) or in person. Please submit photos in jpeg or pdf format. Photos can be scanned at our office.

The North Coast Journal prints each Thursday, 52 times a year. Deadline for the weekly edition is at 5 p.m., on the Sunday prior to publication date.

310 F STREET, EUREKA, CA 95501
(707) 442-1400 • FAX (707) 442-1401

NOTICE OF PROPERTY TAX DELINQUENCY
AND IMPENDING DEFAULT

Revenue and Taxation Code Section 3351, 3352
I, John Bartholomew, Humboldt County Tax Collector, State of California,
certify as follows:

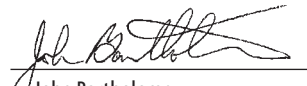
That at close of business on June 30, 2020 by operation of law, any real
property (unless previously tax-defaulted and not redeemed) that have any
delinquent taxes, assessments, or other charges levied for the fiscal year 2019-
20, and/or any delinquent supplemental taxes levied prior to the fiscal year
2019-20 shall be declared tax-defaulted.

That unless the tax defaulted property is completely redeemed through
payment of all unpaid amounts, together with penalties and fees prescribed
by law or an installment plan is initiated and maintained; the property may be
sold subsequently at a tax sale to satisfy the tax lien.

That a detailed list of all properties remaining tax-defaulted at the close
of business on June 30, 2020, and not redeemed prior to being submitted for
publication, shall be published on or before September 8, 2020

That information concerning redemption or the initiation of an installment
plan of redemption of tax-defaulted property will be furnished, upon request,
by John Bartholomew, Humboldt County Tax Collector at 825 5th Street, Room
125, Eureka, California 95501 (707)476-2450.

I certify or (declare), under penalty of perjury, that the foregoing is true
and correct.


John Bartholomew
Humboldt County Tax Collector

Executed at Eureka, Humboldt County, California, on May 15th, 2020. Pub-
lished in the North Coast Journal on May 21st, May 28th and June 4th, , 2020

NOTICE OF IMPENDING POWER TO SELL
TAX-DEFAULTED PROPERTY

Revenue and Taxation Code Section 3361, 3362
Pursuant to Revenue and Taxation Code 3691 and 3692.4, the following
conditions will, by operation of law, subject real property to the Tax Collec-
tor's power to sell.

1) All property for which property taxes and assessments have been in
default for five or more years.

Note: The power to sell schedule for nonresidential commercial
property is three or more years of tax-defaulted status, unless the
county adopts, by ordinance or resolution, the five-year tax
default schedule.

2) All property that has a nuisance abatement lien recorded against it and
for which property taxes and assessments have been in default for three or
more years.

3) Any property that has been identified and requested for purchase by
a city, county, city and county or nonprofit organization to serve the public
benefit by providing housing or services directly related to low-income persons
and for which property taxes and assessments have been in default for three
or more years.

The parcels listed herein meet one or more of the criteria listed above and
thus, will become subject to the Tax Collector's power to sell on July 1, 2020,
at 12:01 a.m., by operation of law. The Tax Collector's power to sell will arise
unless the property is either redeemed or made subject to an installment plan
of redemption initiated as provided by law prior to close of business on the
last business day in June. The right to an installment plan terminates on the
last business day in June, and after that date the entire balance due must be
paid in full to prevent sale of the property at public auction.

The right of redemption survives the property becoming subject to the
power to sell, but it terminates at close of business on the last business day
prior to the date of the sale by the Tax Collector.

All information concerning redemption or the initiation of an installment
plan of redemption will be furnished, upon request, by John Bartholomew,
Humboldt County Tax Collector, 825 5th Street, Room 125, Eureka, CA 95501,
(707)476-2450.

The amount to redeem, including all penalties and fees, as of June 2020,
is shown opposite the assessment/parcel number and next to the name of
the assessee.

PARCEL NUMBERING SYSTEM EXPLANATION

The Assessor's Parcel/Assessment Number (APN/ASMT), when used to
describe property in this list, refers to the Assessor's map book, the map page,
the block on the map, if applicable, and the individual parcel on the map page
or in the block. The Assessor's maps and further explanation of the parcel
numbering system are available in the Assessor's office.

PROPERTY TAX DEFAULTED ON JULY 1, 2011, FOR
TAXES, ASSESSMENTS AND OTHER CHARGES
FOR FISCAL TAX YEAR 2010-2011:

APN	ASSESSEE NAME	AMOUNT TO REDEEM
077-261-014-000	Bullock, Daniel R	\$2,384.55
077-261-036-000	Bullock, Daniel R	\$5,859.91
077-331-012-000	Bullock, Daniel R	\$2,448.29

PROPERTY TAX DEFAULTED ON JULY 1, 2012, FOR
TAXES, ASSESSMENTS AND OTHER CHARGES
FOR FISCAL TAX YEAR 2011-2012:

APN	ASSESSEE NAME	AMOUNT TO REDEEM
015-162-032-000	Sanborn, Larry G	\$8,573.19
211-401-007-000	Schackow, Matthew S	\$44,108.80
511-191-029-000	Stephens, Jim R & Rosalie I	\$27,369.02

PROPERTY TAX DEFAULTED ON JULY 1, 2013, FOR
TAXES, ASSESSMENTS AND OTHER CHARGES
FOR FISCAL TAX YEAR 2012-2013:

APN	ASSESSEE NAME	AMOUNT TO REDEEM
010-172-005-000	Caldeira, Mildred A & Kirkpatrick, Edward L	\$1,919.48
011-183-005-000	White, Cheri	\$10,103.52
052-071-003-000	Scroggins, Jim Heirs or Devises Of	\$6,862.77
108-171-022-000	Picton, Bruce & Sanford, Jack	\$14,418.61
109-071-030-000	Rose, Coreen	\$2,875.16
109-071-031-000	Rose, Coreen K	\$1,741.84
109-131-001-000	Devito, Sean	\$864.29
109-131-010-000	Devito, Sean	\$1,435.02
109-131-069-000	Devito, Sean	\$2,969.49
205-271-020-000	Combs, Stephen K	\$1,478.43
210-044-008-000	Campbell, Geoffrey & Tamura, Kimi	\$14,872.32
217-401-003-000	Moghadam, Jeanne, Iordanova, Ves-sela B & Moghadam, Ramtin	\$22,116.05

PROPERTY TAX DEFAULTED ON JULY 1, 2013, FOR
TAXES, ASSESSMENTS AND OTHER CHARGES
FOR FISCAL TAX YEAR 2013-2014:

APN	ASSESSEE NAME	AMOUNT TO REDEEM
004-071-010-000	Burns, Izora	\$1,883.59
008-032-021-000	Morgan, Joshua W	\$7,621.49
008-181-003-000	Olsen, Norman S Jr & Joanne	\$4,618.74
010-036-003-000	Zygela, Susan E	\$24,740.80
015-131-016-000	Davis, Robert E & Wendy K	\$1,219.39
052-011-002-000	Mcwhorter, Kralicek Collyn L	\$6,406.44
053-152-009-000	Pollard, Ralph D & Harriett F	\$2,123.84
077-241-007-000	Jackson, William S III	18484.66
077-331-011-000	Bullock, Daniel & Shanan	\$4,942.86
081-021-020-000	Harden, Ruth L & Vernon L	\$4,864.64
109-221-017-000	Exley, Jesse R	\$2,633.51
109-251-024-000	Perkins, Memi C	\$2,519.85
201-232-001-000	Cruz, Casey J	\$20,521.37
205-271-022-000	Combs, Stephen K	\$3,388.78
206-091-016-000	Lange, Brenda J	\$9,063.28

216-023-011-000	Lasbury, Chaytawn P/ Contreras, James C/ Sherainian, Becky & Bran-ham, Jody V	\$18,804.37
216-271-020-000	Wyatt, Echo K	\$16,234.21
216-322-003-000	Glovin, Amy J	\$7,684.99
216-381-026-000	Chivington, Alexander W & Alicia M	\$6,702.28
300-093-014-000	Arias, Adalberto D	\$3,314.52
303-071-029-000	Gustafson, Kent	\$3,998.74
316-172-019-000	Watson, Joseph M	\$25,901.03
510-121-022-000	Williamson, Marie C	\$4,928.96
512-211-043-000	Gomes, Megan & Kozak Haven	\$31,922.03
513-190-014-000	Roberts, Rick D & Susan J	\$34,578.01
520-021-001-000	Sarumi, Gbolahan M	\$16,197.86
522-044-068-000	Damron, William	\$33,971.15
529-361-024-000	Jasinski, Christopher C	\$9,993.33
534-222-003-000	Yale, Jon A & Milligan, Christine M	\$3,309.29
005-053-005-000	Chase, Richard	\$12,225.65

PROPERTY TAX DEFAULTED ON JULY 1, 2013, FOR
TAXES, ASSESSMENTS AND OTHER CHARGES
FOR FISCAL TAX YEAR 2014-2015:

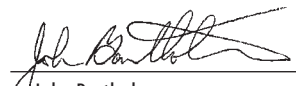
APN	ASSESSEE NAME	AMOUNT TO REDEEM
004-203-001-000	Squires, Floyd E III	\$204,930.82
004-221-007-000	Stillman, Gary C	\$12,880.50
005-012-002-000	Stillman, Gary C	\$6,131.46
006-061-011-000	Munson, Bret	\$13,426.12
006-121-003-000	Savage, Marvin	\$3,404.64
006-281-007-000	Lindberg, Megan	\$26,448.75
010-223-004-000	North, Juliette	\$62,311.10
012-051-008-000	Gable, Jackie	\$11,294.76
013-072-011-000	Gibson, Brian	\$11,072.82
015-243-015-000	Ackerman, Dena L	\$948.13
017-012-025-000	Scott, John E	\$4,311.59
018-181-006-000	Anker, Jim L & Elizabeth A	\$11,416.04
018-194-009-000	Bacon, Gerald & Mellissa	\$4,518.25
019-121-025-000	Couch, David	\$6,506.37
032-034-001-000	Brannan, Christopher L	\$17,000.81
032-051-010-000	Brannan, Chris L	\$20,568.78
033-011-008-000	Creery, Shawn M	\$456.87
033-011-010-000	Creery, Shawn M	\$1,291.30
033-011-011-000	Creery Shawn M	\$434.71
033-011-012-000	Creery Shawn M	\$385.11
033-311-001-000	Aquarian, Journey & Rachael	\$5,828.96
033-311-002-000	Aquarian, Journey & Rachael	\$9,015.91
052-202-006-000	Crosby, Jerry E	\$24,389.82
100-101-003-000	Lorenzen, William J	\$12,067.44
100-281-030-000	Meshner, Carolyn S	\$2,977.56
105-031-002-000	Loveman, Lorrie A	\$17,080.93
107-124-019-000	Chesebro, Gordon	\$2,129.95
109-042-011-000	Dotson, Betty J Living Trust	\$3,022.56
109-081-021-000	Vradenburg, Dale L	\$2,628.68
109-091-005-000	Gault, Clarice V & Gault Survivors Trust	\$585.88

109-091-036-000	Kutob, Suleiman	\$1,512.03
109-121-026-000	Equity Trust Company Cust Weston, Christopher M Sr	\$4,366.82
109-131-018-000	M & M Family Trust #2	\$1,177.76
109-131-026-000	Clark, William E & Mary C	\$2,453.09
109-141-023-000	Vradenburg, Dale L	\$1,216.32
109-151-023-000	Quiggins, Jo	\$3,183.14
109-182-022-000	Porter, Peggy A	\$5,692.04
109-192-029-000	E L & Associates Inc Cr	\$2,216.51
109-193-001-000	Peele, Charlene & Carty Brian Buck, Kathryn C	\$2,973.86
109-211-013-000	Freeman, Anthony	\$2,668.85
109-211-037-000	Chan, Tony H & Oriana W	\$2,834.82
109-231-021-000	Olsen, Nicholas	\$5,308.72
109-251-046-000	Busch, Danny R & Diane K	\$2,222.96
109-261-019-000	Greer, Luis V & Deborah J	\$2,800.01
109-281-037-000	Bourikian, Robert & Varakian, Nona	\$2,172.87
109-302-047-000	Keathley, Irma	\$3,664.36
109-321-004-000	Bourikian, Robert & Varakian, Nona	\$2,044.15
109-331-009-000	Kalman, Fredrick J II	\$2,532.71
109-331-031-000	York, Tommy A & Pauline N Fonseca, Keolanalani J & Lehua K K	\$3,371.17
109-331-038-000	Bourikian, Robert & Varakian, Nona	\$2,181.89
109-341-019-000	Doan, An T	\$5,653.73
110-041-002-000	Simpson, Mike & Simpson Michael	\$7,571.11
110-051-053-000	Cepeda, Arturo & Elizabeth	\$2,989.69
110-091-018-000	Lockhart, Raymond C	\$2,800.32
110-121-022-000	York, Tommy	\$2,487.84
110-121-023-000	York, Tommy A & Pauline N	\$2,869.25
110-121-024-000	York, Tommy A & Pauline N	\$2,740.89
110-131-041-000	Galati, Alfred A	\$2,921.51
110-151-001-000	Cal, Sarah G	\$2,534.06
110-181-004-000	Henley, Dennis M	\$2,957.31
110-191-002-000	Jenkins, Donald B & Ruth E	\$2,837.95
110-251-023-000	Del Monte, Jack A Jr & Carol M	\$2,431.89
110-251-046-000	RPS Land LLC Co	\$2,886.29
110-261-042-000	West, N E & D M	\$2,433.77
110-291-023-000	Olayos, Peter	\$2,546.37
110-301-025-000	Burritt, Roland L & Elizabeth A	\$2,897.10
111-012-004-000	Forbes, Randall S & Sharon A	\$6,585.89
111-031-017-000	Porter, Peggy A	\$3,320.51
312-121-014-000	Stapp, Ellis O & Stapp Betty J	\$804.24
313-081-018-000	Hershberger, Bonny B	\$4,206.92
317-054-006-000	Napaville, Ranch LLC Co	\$726.38
400-063-003-000	Riley, Scott	\$3,724.42
400-063-005-000	Riley, Robert S	\$2,617.62
400-082-002-000	Riley, Robert S	\$5,306.65
400-082-026-000	Riley, R Scott	\$2,215.22
400-141-004-000	Edrich, Daniel F	\$1,794.83
400-141-007-000	Edrich, Daniel F	\$1,195.02
400-141-008-000	Edrich, Daniel F	\$1,440.08
401-031-058-000	Humboldt Bay Harbor Rec & Conv Dist Pl	\$6,897.77

500-171-002-000	Butler, Oscar E & Opal I	\$22,589.68
505-181-002-000	Watt, Jason W	\$18,155.36
507-351-014-000	Holweg, Dennis J Wright, Ashleigh K & Christopher B	\$8,074.48
510-411-007-000	Sundberg, Ronald & Jessica	\$2,142.32
511-091-035-000	Tretten, Scott	\$10,771.41
511-182-006-000	Williams, Greg & Rust Garry	\$6,352.63
516-101-056-000	Jackson, Mary	\$6,571.15
520-071-017-000	Peals, Martha Peals Family Rev Trust	\$4,169.61
520-086-007-000	Green Valley Motel LLC	\$8,038.12
520-086-009-000	Green Valley Motel LLC	\$1,863.88
522-051-003-000	Penner, Matthew	\$19,247.86
522-174-018-000	Cameron, James M Jr/ Bennett, Thomas R/Sproul, Danielle L & Stauffacher, Royal A	\$5,045.44
522-291-026-000	Grable, Michael L Sr	\$10,969.69
522-301-005-000	Christie, Kevin L	\$5,481.92
522-422-003-000	Zertuche, Lona M & William F	\$4,913.53
522-423-019-000	Blomgren, Edward A & Lisa A	\$10,832.63
522-470-023-000	Fisher, Karl & Kathleen	\$7,772.75
525-201-027-000	Masten, Melinda M	\$1,261.98
525-211-013-000	Sanderson, Jolene & Steven	\$3,390.45
525-251-003-000	Stone, Oberly	\$1,480.12
525-261-007-000	Marshall, Jacquelyne J	\$2,638.41
526-071-032-000	Reed, Lawrence Jr/ Trimble, Sahn-eewa/ Trimble, Rodney/ Trimble, Julie/ Trimble, Greg/ Trimble, Fred/ Trimble, Eric/ Trimble, Doneen/ Trimble, Becky/ Trimble, Adam/ Tatum, Margaret/ Brown, Raldon Sr/ Ammon, Missie	\$1,508.15
526-221-016-000	Tracy, Lawrence I & Joyce	\$608.70
530-141-003-000	Family First Pharming LLC Co/Riggan, Ben	\$66,386.95
533-024-002-000	Morgan, William	\$3,118.32
533-064-015-000	Jason, R Lee LLC Co	\$7,869.92
033-051-008-000	Morgan, Sierra	\$1,780.78
033-051-010-000	Morgan, Sierra	\$1,829.70
111-031-046-000	Olayos, Peter	\$2,546.51
111-141-009-000	Mortensen, Brad	\$3,928.55
111-142-026-000	Kingsley, Edward H	\$3,179.96
111-151-024-000	Barbati, Carmine J	\$17,080.60
111-211-044-000	Cal, Sarah G	\$2,778.35
111-251-039-000	Tripoli, Jerome P	\$14,811.28
111-251-040-000	Tripoli, Jerome P	\$12,428.96
201-071-014-000	Luna, Guadalupe R	\$4,088.98
202-082-046-000	Bowman, Leonard S & Florio, April	\$16,662.87
202-142-010-000	Murphy, Ila	\$11,715.23
202-361-080-000	Cox, Maria B	\$18,381.66
202-391-018-000	Driscoll, Christina	\$5,510.50
203-125-002-000	Hanchett, Aletha & Warren	\$8,826.04
203-261-063-000	Meyers, Eric	\$12,770.50
203-291-054-000	Demello, Sheyne & Melissa	\$6,271.13
203-312-047-000	Sanderson, Elijah & Janis	\$15,730.88
204-091-012-000	Nunes, Cory	\$9,042.84

204-271-014-000	Anker, Matthew & Althea	\$13,222.57
205-212-021-000	Day, Clarence E	\$1,763.96
205-271-016-000	Combs, Stephen K	\$2,511.63
206-431-011-000	Walker, Charlotte G & Robert B Walker, Charlotte G, Estate Of	\$10,467.74
206-441-006-000	Fredlund, Renee	\$7,390.85
206-441-007-000	Fredlund, Renee	\$13,169.61
208-251-002-000	Abualhassan, Rola	\$26,888.14
208-331-006-000	Talbot, Jedidiah D	\$34,169.68
210-192-017-000	Dillard, Jeffrey	\$12,691.43
212-162-055-000	Lapriore, Robert	\$24,421.38
212-162-056-000	Lapriore, Robert M Jr	\$5,385.71
215-171-001-000	Macdonald, Kathy	\$14,427.77
217-121-009-000	Magee, Clara D & Castillo, David H	\$1,647.17
217-151-002-000	Litke, Rebecca/ Litke, Rebecca A Trust	\$2,154.73
219-061-006-000	Richman, Travis J	\$4,631.64
220-052-012-000	Privitt, John P & Wolf, Storm L	\$8,944.03
220-261-064-000	Young, Valerie A	\$9,428.71
220-282-006-000	Hurt, Nancy R/ Hurt, Nancy R Living Trust	\$2,869.05
221-071-003-000	Farrell, Cyrus & Chase M	\$37,641.82
300-082-023-000	Reed, Judi M	\$5,328.65
303-062-003-000	Wood, Letha K	\$10,831.36
305-021-007-000	Frink, Douglas & Patricia/Frink, Doug & Patti Living Trust	\$6,784.21
305-041-077-000	Wood, Sanna J	\$13,978.99
305-261-076-000	Boldway, Denise P	\$12,751.10
312-082-015-000	Nordby, George A & Trulah A	\$77.48

I certify or (declare), under penalty of perjury, that the foregoing is true and correct.


John Bartholomew
Humboldt County Tax Collector

Executed at Eureka, Humboldt County, California, on May 15, 2020. Published in the North Coast Journal on May 21, May 28, & June 4, 2020.



Obituary Information

Obituary may be submitted via email (classifieds@northcoastjournal.com) or in person. Please submit photos in jpeg or pdf format. Photos can be scanned at our office.

The *North Coast Journal* prints each Thursday, 52 times a year. Deadline for the weekly edition is at 5 p.m., on the Sunday prior to publication date.



NCJ
NORTH COAST JOURNAL OF POLITICS, PEOPLE & ART

310 F STREET, EUREKA, CA 95501
(707) 442-1400 • FAX (707) 442-1401

NOTICE OF PETITION TO ADMINISTER ESTATE OF Mark Williamson CASE NO. PR2000095

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, of Mark Williamson
A PETITION FOR PROBATE has been filed by Petitioner Jon B. Williamson In the Superior Court of California, County of Humboldt. The petition for probate requests that Jon B. Williamson be appointed as personal representative to administer the estate of the decedent. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.
A HEARING on the petition will be held on June 25, 2020 at 2:00 p.m.

Effective Monday, May 18, 2020, Humboldt Superior Court will resume Probate calendars using remote video and phone conferencing. You have been served with a Notice of Petition to Administer Estate pursuant to which a court hearing has been scheduled. Due to the Covid-19 pandemic, if you wish to appear at the court hearing, you must do so remotely. Instructions to appear remotely are set forth on the Court's website:
www.humboldt.courts.ca.gov.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.
YOU MAY EXAMINE the file kept by the court. If you are a person

interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.
ATTORNEY FOR PETITIONER:
James D. Poovey
937 6th Street
Eureka, CA 95501
Filed: May 15, 2020
SUPERIOR COURT OF CALIFORNIA COUNTY OF HUMBOLDT

5/28, 6/4, 6/11 (20-113)

NOTICE OF PETITION TO ADMINISTER ESTATE OF Robert Allan Manzi CASE NO. PR2000097

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, of Robert Allan Manzi
A PETITION FOR PROBATE has been filed by Petitioner Melody Vanderhorst
In the Superior Court of California, County of Humboldt. The petition for probate requests that Melody Vanderhorst be appointed as personal representative to administer the estate of the decedent. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.
A HEARING on the petition will be held on August 13, 2020 at 2:00 p.m.

Effective Monday, May 18, 2020, Humboldt Superior Court will resume Probate calendars using remote video and phone conferencing. You have been served with a Notice of Petition to Administer Estate pursuant to which a court hearing has been scheduled. Due to the Covid-19 pandemic, if you wish to appear at the court hearing, you must do so remotely. Instructions to appear remotely are set forth on the Court's website:
www.humboldt.courts.ca.gov.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
IF YOU ARE A CREDITOR or a contingent creditor of the dece-

thirty (30) days as necessary to appoint counsel to become acquainted with the case.

DATED: May 15, 2020

Katrina W, Clerk
KIM M. BARTLESON
By: Katrina W

6/4, 6/11, 6/18, 6/25

Citation to Parent In and for the Superior Court of California County of Humboldt In the matter of the adoption petition of Brandy Pancoast, Adopting Parent Case number AD2000013

TO: CHELSEY ISREAL

By order of this court you are hereby advised that you may appear before the judge presiding in Department 6 of this court on 6/30/2020 at 8:30am then and there to show cause, if any you have, why Payten Maire Pancoast and Richard Lee Pancoast, III, should not be declared free from your custody and control for the purpose of freeing Payten Maire Pancoast and Richard Lee Pancoast, III for placement for adoption. The following information concerns rights and procedures that relate this proceeding for termination of custody and control of said minor as set forth in Family Code Section 7860 et seq.:
1. At the beginning of the proceeding the court will consider whether or not the interests of the minor children require the appointment of counsel. If the court finds that the interests of the minor do require such protection, the court will appoint counsel to represent them, whether or not they are able to afford counsel. The minor will not be present in court unless the court so orders.
2. If a parent of the minor appears without counsel and is unable to afford counsel, the court must appoint counsel for the parent, unless the parent knowingly and intelligently waives the right to be represented by counsel. The court will not appoint the same counsel to represent both the minor and his parent.
3. The court may appoint private counsel. If private counsel is appointed, he or she will receive a reasonable sum for compensation and expenses, the amount of which will be determined by the court. That amount must be paid by the real parties in interest, but not by the minor, in such proportions as the court believes to be just. If, however, the court finds that any of the real parties in interest cannot afford counsel, the amount will be paid by the County.
4. The court may continue the proceeding for not more than thirty (30) days as necessary to appoint counsel to become acquainted with the case.

DATED: May 15, 2020

Katrina W, Clerk
KIM M. BARTLESON
By: Katrina W

6/4, 6/11, 6/18, 6/25

PUBLISHED NOTICE OF SEIZURE AND JUDICIAL FORFEITURE

On December 11th, 2019, Agents from the Humboldt County Drug Enforcement Unit seized property for forfeiture from Phillipsville, California, in connection with controlled substance violations, to wit, Section 11379.6(A) of the Health and Safety Code of California. The seized property is described as: \$42,100.00 in U.S. Currency. Control Number 20-F-03 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.
If your claim is not timely filed, the Humboldt County District Attorney will declare the property described in this notice to be forfeited to the State and it will be disposed of as provided in Health and Safety Code Section 11489.
5/28, 6/4, 6/11 (20-115)

PUBLISHED NOTICE OF SEIZURE AND NON-JUDICIAL FORFEITURE

On April 10th, 2020, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11366 of the Health and Safety Code of California from Benbow, California. The seized property is described as: \$3,730.00 US currency and Control Number 20-F-11 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

5/28, 6/4, 6/11 (12-124)

PUBLISHED NOTICE OF SEIZURE AND NON-JUDICIAL FORFEITURE

On April 30th, 2020, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11359 of the Health and Safety Code of California from 879 Sunnybrook Lane, Garberville, California. The seized property is described as: \$12,640.00 US currency and Control Number 20-F-12 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

5/28, 6/4, 6/11 (12-125)

PUBLISHED NOTICE OF SEIZURE AND NON-JUDICIAL FORFEITURE

On December 26th, 2019, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with

controlled substance violations, to wit, Section 11351 of the Health and Safety Code of California from Sea Avenue in Eureka, California. The seized property is described as: \$2,322.00 US currency and Control Number 20-F-05 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

5/28, 6/4, 6/11 (20-118)

PUBLISHED NOTICE OF SEIZURE AND NON-JUDICIAL FORFEITURE

On February 20th, 2020, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11366 of the Health and Safety Code of California from APN#: 315-082-004-000. The seized property is described as: \$17,680.00 US currency and Control Number 20-F-07 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

5/28, 6/4, 6/11 (20-120)

PUBLISHED NOTICE OF SEIZURE AND NON-JUDICIAL FORFEITURE

On February 27th, 2020, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11352 of the Health and Safety Code of California from Meyers Avenue in Eureka, California. The seized property is described as: \$5,659.00 US currency and Control Number 20-F-08 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

5/28/ 6/4, 6/11 (20-121)

PUBLISHED NOTICE OF SEIZURE AND NON-JUDICIAL FORFEITURE

On January 30th, 2020, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11359 of the Health and Safety Code of California from Arcata, California. The seized property is described as: \$27,100.00 US currency and Control Number 20-F-06 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

5/28, 6/4, 6/11 (20-119)

PUBLISHED NOTICE OF SEIZURE AND NON-JUDICIAL FORFEITURE

On January 30th, 2020, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section

11378 of the Health and Safety Code of California from Sea Avenue in Eureka, California. The seized property is described as: \$2,820.00 US currency and Control Number 20-F-04 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

5/28, 6/4, 6/11 (20-117)

PUBLISHED NOTICE OF SEIZURE AND NON-JUDICIAL FORFEITURE

On March 24th, 2020, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11366 of the Health and Safety Code of California from Redway Drive in Redway, California. The seized property is described as: \$33,015.00 US currency and Control Number 20-F-10 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

5/28, 6/4, 6/11 (20-123)

PUBLISHED NOTICE OF SEIZURE AND NON-JUDICIAL FORFEITURE

On March 9th, 2020, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11366 of the Health and Safety Code of California from W. Del Norte Street in Eureka, California. The seized property is described as: \$8,735.00 US currency and Control Number 20-F-09 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

5/28, +/4, 6/11 (12-122)

PUBLISHED NOTICE OF SEIZURE AND NON-JUDICIAL FORFEITURE

On January 8th, 2020, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11351 of the Health and Safety Code of California from Bear Paws Way in Loleta, California. The seized property is described as: \$4,884.00 US currency and Control Number 20-F-02 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.
If your claim is not timely filed, the Humboldt County District Attorney will declare the property described in this notice to be forfeited to the State and it will be disposed of as provided in Health and Safety Code Section 11489.

5/28, 6/4, 6/11 (20-116)

FICTITIOUS BUSINESS NAME STATEMENT 20-00179 The following person is doing Business as EEL RIVER STONE WORKS	FICTITIOUS BUSINESS NAME STATEMENT 20-00196 The following person is doing Business as CAFE PHOENIX	FICTITIOUS BUSINESS NAME STATEMENT 20-00215 The following person is doing Business as TRADITIONAL THAI MASSAGE BY JOY HOLLAND
Humboldt 656 South Scotia Road Stafford, CA 95565	Humboldt 1360 G Street Arcata, CA 95521	Humboldt 1515 G St. Arcata, CA 95503
Anthony J Eusted 288 Dixie Street Rio Dell, CA 95562	Conny Pena 490 Forest Avenue Arcata, CA 95521	Joy C Holland 36 Ole Hansen Eureka, CA 95503
The business is conducted by an Individual. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Anthony J. Eusted, Owner This April 17, 2020 KELLY E. SANDERS by tn, Humboldt County Clerk	The business is conducted by an Individual. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Conny Pena, Owner This April 23, 2020 KELLY E. SANDERS by sc, Humboldt County Clerk	The business is conducted by an Individual. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Lynn M. Jones, Owner This May 5, 2020 KELLY E. SANDERS by tn, Humboldt County Clerk
5/14, 5/21, 5/28, 6/4 (20-108)	5/14, 5/21, 5/28, 6/4 (20-109)	6/4, 6/11, 6/18, 6/25 (20-128)
FICTITIOUS BUSINESS NAME STATEMENT 20-00183 The following person is doing Business as SINGING TREES GARDEN NURSERY	FICTITIOUS BUSINESS NAME STATEMENT 20-00220 The following person is doing Business as JUST MY TYPE LETTERPRESS	FICTITIOUS BUSINESS NAME STATEMENT 20-00222 The following person is doing Business as HUMBOLDT HOT DOGS
Humboldt 5225 Dow's Prairie Road McKinleyville, CA 95519 PO Box 2684 McKinleyville, CA 95519	Humboldt 501 Third Street Eureka, CA 95501 P.O. Box 884 Blue Lake, CA 95525	Humboldt 100 Ericson Ct. Arcata, CA 95521 2032 18th Street Eureka, CA 95501
Don S. Wallace 5225 Dow's Prairie Road McKinleyville, CA 95519	Lynn M Jones 40 Buckley Road Blue Lake, CA 95525	Cy M Hans 2032 18th Street Eureka, CA 95501
The business is conducted by an Individual. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Don S. Wallace, Owner This April 20, 2020 KELLY E. SANDERS by tn, Humboldt County Clerk	The business is conducted by an Individual. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Lynn M. Jones, Owner This May 6, 2020 KELLY E. SANDERS by sc, Humboldt County Clerk	The business is conducted by an Individual. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Cy M Hans, Sole Proprietor This May 5, 2020 KELLY E. SANDERS by kt, Humboldt County Clerk
5/14, 5/21, 5/28, 6/4 (20-110)	5/21, 5/28, 6/4, 6/11 (20-112)	5/21, 5/28, 6/4, 6/11 (20-111)

LEGALS?
442-1400 *314
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coastjournal.com

County Public Notices
Fictitious Business
Petition to
Administer Estate
Trustee Sale
Other Public Notices

NCJ ASTROLOGY

Free Will Astrology

Week of June 4, 2020

By Rob Brezsný
freewillastrology@freewillastrology.com

ARIES (March 21-April 19): Aries poet Paul Verlaine wrote “Autumn Song” in 1866. It became a well-known French poem, and eventually played a role in a historical turning point. In June 1944, a top-secret British spy organization used the poem as a code to communicate crucial information to the French Resistance, via BBC radio, about the allies’ upcoming D-Day invasion of Normandy. In the spirit of poetry being used to accomplish practical actions, I’m now sending out a burst of code to you, Aries. It’s adapted from another poem by Verlaine: “Delight in good-omened fortune, baptized by the bristling scents of mint, thyme, and clover on the wind of dawn.” Regard this as a signal for you to acquire a necessary resource, strengthen connections with key allies, and intensify your current quest.

TAURUS (April 20-May 20): Taurus philosopher Bertrand Russell observed, “The best life is the one in which the creative impulses play the largest part and the possessive impulses the smallest.” That is always an important principle for everyone to embrace, in my opinion. But it will be an especially essential truth for you in the coming weeks. Your creative powers will thrive, even soar and generate blessings, to the degree that you downplay and outwit your possessive inclinations.

GEMINI (May 21-June 20): “It’s OK to live a life others don’t understand,” writes author Jenna Woginrich. That’s a healthy attitude for an eccentric person like her, who taught herself by trial and error how to run a small farm with a meager budget while all alone in the middle of nowhere. But does her advice apply to everyone? I say yes, it does. All of us have quirky behaviors and idiosyncratic ideas and odd feelings that other people find hard to understand, let alone appreciate. I bring this to your attention, Gemini, because the coming weeks will be a time when it’s best for you to emancipate yourself as much as possible from the need to be perfectly understood as you express your raw, pure, unique self.

CANCER (June 21-July 22): I’m one of the lucky people who has never been addicted to alcohol or drugs. What’s the source of my great fortune? Two kinds of grace are key: I suffered no abuse and trauma when I was growing up, and my genetic make-up doesn’t predispose me to self-medicate with intoxicants. But I am indeed a bit addicted to other things, like fearful fantasies, sexual feelings, and the urge to win arguments. So I’m blessed in some ways, cursed in others—just like all of us! In honor of our season of introspection, my fellow Cancerian, I invite you to do what I just did: Count your blessings and curses. Doing so will bring you just the right kind of healing.

LEO (July 23-Aug. 22): “Jacquemus Mini Le Chiquito” is the name of a tiny purse you can buy for \$522. It fits into the palm of your hand, and won’t hold much—maybe a single-use strand of dental floss, a shoe from a Barbie doll, a snippet of a loved one’s hair, an aspirin, maybe a few crumbs from a potato chip. In any case, I don’t recommend it for you. You should be surrounding yourself with symbols of capaciousness and roominess. You need influences that inspire you to be a spacious container. It’s time for you to welcome and receive an abundance of blessings, inquiries, and invitations.

VIRGO (Aug. 23-Sept. 22): “Worry is a way to pretend that you have knowledge or control over what you don’t,” writes author Rebecca Solnit. “And it surprises me, even in myself, how much we prefer ugly scenarios to the pure unknown.” Your assignment in the coming weeks is to thoroughly incorporate Solnit’s wisdom—and then wield it with tender ferocity as you reshape your relationship with the future. See if you can manage, if only for ten days, to fight off and dissolve the reflex to worry. Here’s a tip: Any time the agitated fantasy of an ugly scenario rises up in your imagination, remind yourself that it’s not objectively true and immediately replace it with a fantasy of a desirable scenario.

LIBRA (Sept. 23-Oct. 22): Nobel Prize-winning Libran author William Faulkner was asked by a cousin if he was drunk when he dreamed up the imaginative stories and characters in his novels. The truth was that on occasion Faulkner did indeed consume alcohol in excessive amounts. However, he rarely indulged while actually writing. His creative ideas mostly came from his fertile imagination, not an unhinged spirit. In the coming weeks, I hope you will be like Faulkner during the inventive phases he enjoyed while sober and disciplined and driven by focused intention. The astrological omens suggest that’s the best recipe for generating original ideas and productive visions.

SCORPIO (Oct. 23-Nov. 21): “What use is this howling tenderness?” wrote eighth-century Tamil mystic poet Andal. My research on Google reveals that no one has answered her question until now. I decided you would benefit from hearing my response, since you are in a chapter of your life story when howling tenderness could work to your benefit. So here’s my counsel: Howling tenderness is useful because it has the power to shatter mysterious barriers that have been at least partially obstructing you from exploring the frontiers of sacred intimacy.

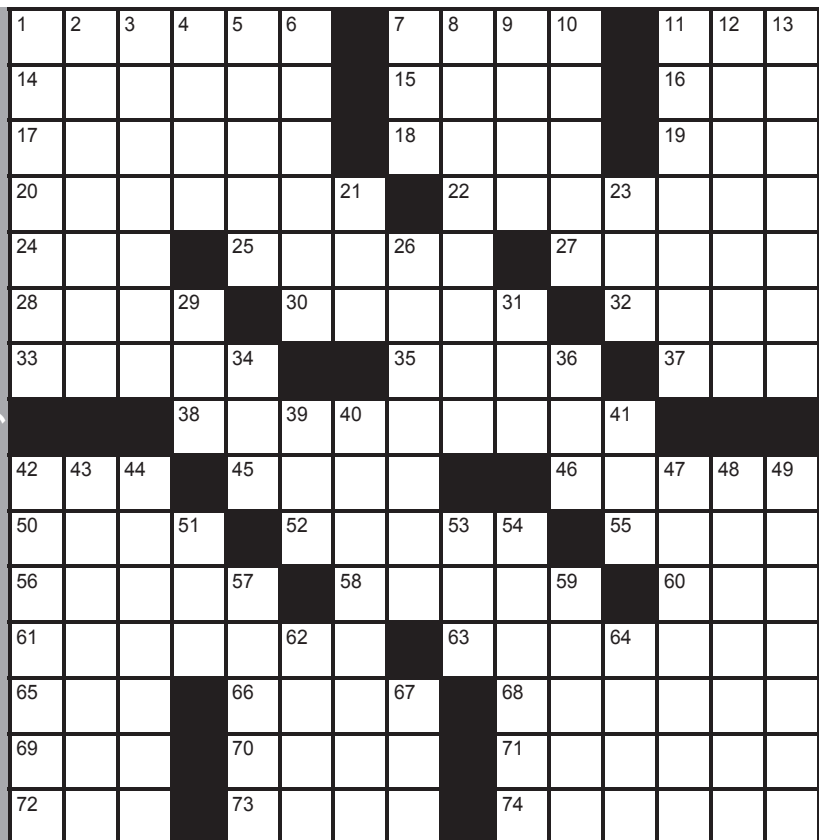
SAGITTARIUS (Nov. 22-Dec. 21): Buddhist teacher Jack Kornfield articulates the spiritual medicine I think you should seek in the coming weeks. You especially need it, and by happy coincidence, it’s likely to be available. Kornfield writes: “When we have for so long been judged by everyone we meet, just to look into the eyes of another who does not judge us can be extraordinarily healing.” I urge you to identify the people who can perform this service for you, then ask them point-blank to perform this service, even if it has to happen over FaceTime or via Zoom. To generate the good karma that will ensure this happens in just the right way, offer to perform the same service for others.

CAPRICORN (Dec. 22-Jan. 19): “The changes we dread most may contain our salvation,” writes author Barbara Kingsolver. Although I mostly agree with her conclusion, I’ll also suggest that we could come up with less melodramatic versions of it. For example, we might say, “The adjustments we’re resisting may actually be healthy.” Or “The uncomfortable transitions we’re avoiding might ultimately lead to a better version of comfort.” Or “The revelations we’re attempting to ignore and deny could eventually be the source of relief and release.” Do any of these work for you right now, Capricorn? I bet at least one does.

AQUARIUS (Jan. 20-Feb. 18): Some people seem to think of sacredness as being pristine and pious—an immaculate and orderly transcendence of earthly concerns. Author and minister Marilyn Sewell has a different perspective. “Who can order the Holy?” she asks. “It is like a rain forest, dripping, lush, fecund, wild. We enter its abundance at our peril, for here we are called to the wholeness for which we long, but which requires all we are and can hope to be.” I recommend Sewell’s version of holiness to you in the coming weeks, Aquarius. You’re primed to upgrade and deepen your sacred lust for life.

PISCES (Feb. 19-March 20): When Europeans arrived in the New World, the Iroquois Confederacy in what’s now northeastern North America had been practicing participatory democracy for 350 years. The visionary principles of these native people ultimately influenced the formation of the United States and its Constitution. Now would be a good time for you to be inspired by these facts. How? You could draw teachings from the past and use them to create your future. You could study the perspectives of indigenous people and incorporate their wisdom into the way you live your life. You could tune in to and explore the traditions of people you respect and adopt them for your own use. ●

Homework: What’s your favorite thing to do when you’re alone? Testify: FreeWillAstrology.com



ROMIJN

ANSWERS NEXT WEEK!

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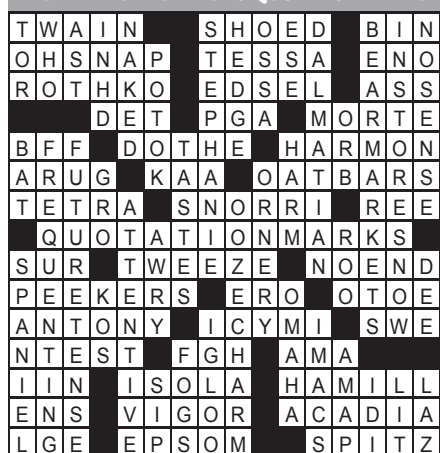
ACROSS

1. Singer at Barack's 2009 inauguration ceremony
 7. Strike callers
 11. Scand. land
 14. Does crosswords, say
 15. Decline
 16. Hesitant sounds
 17. Comedian Nanjiani who once joked that Microsoft spell check thinks his first name should be "camel"
 18. Black-and-white treat
 19. "Wayne's World" catchword
 20. Stick-in-the-mud types
 22. Actress Ronan who has told people her first name rhymes with "inertia"
 24. Dorsal
 25. Hägar's wife, in the comics
 27. Move stealthily
28. Not fooled by
 30. Amenities at some hotels
 32. 1980s-'90s German leader Helmut
 33. Marsh flora
 35. IV + IV
 37. Usual victim of Bart's prank calls
 38. Actress/singer Barbra who once told Tim Cook to reprogram Siri to change the second "s" in her last name to a soft s
 42. 7-Down crew
 45. 1922-'91 initials
 46. Bready bunch?
 50. Mull (over)
 52. Resell, as concert tickets
 55. Bar in a bathroom
 56. "Peace out!"
 58. Warm welcome?
 60. First show to win 50 Emmys, in brief
61. Actor Chiwetel who said, growing up, people asked him what he was "so edgy for"
 63. Do a certain hybrid winter sport
 65. ____-X
 66. Woman who took a "roll in ze hay" in "Young Frankenstein"
 68. Actress Rebecca who has said her last name is pronounced "like the lettuce"
 69. Works in a museum
 70. Hoot
 71. Is forbidden to
 72. MGM rival of the '30s
 73. Blues singer James
 74. Lines screenwriters didn't write
3. Southern California city
 4. Big Super Bowl purchase
 5. "____-Ho" ("Snow White and the Seven Dwarfs" song)
 6. Out
 7. Space oddity, briefly
 8. Wynton who was the first jazz musician to win a Pulitzer Prize
 9. Kind of bargain
 10. John B. in a Beach Boys hit
 11. Solarium
 12. Elite list
 13. Costar of Bea, Betty, and Rue
 21. Caution in a school zone
 23. Rangle
 26. Get millions of hits, say
 29. Really binges (on)
 31. One-named singer with the 2014 hit "Chandelier"
34. "Rugrats" dad
 36. "Monsters, ____"
 39. Online feed letters
 40. Pricey hors d'oeuvre
 41. "____ Kapital"
 42. "Popeye" cartoonist
 43. 1979 Steve Martin comedy
 44. View, as the future
 47. "The Barber of Seville" composer
 48. Heist of a sort
 49. First-aid equipment
 51. Mont. neighbor
 53. Cut (off)
 54. Big ____ (the drug industry)
 57. Lit
 59. "Greatness is ____ leading towards the unknown": Charles de Gaulle
 62. "Right away, boss!"
 64. ____ nitrate
 67. Words with discount or disadvantage

DOWN

1. Requests
 2. Nothing out of the ordinary

LAST WEEK'S ANSWERS TO QUOTATION MARKS



su | do | ku

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VERY EASY #17



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EMPLOYMENT

Opportunities

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HUMAN RESOURCE/OFFICE MANAGER Coordination of Human Resource tasks, communications and operations of the office of the regional headquarters. Independent performance as an office administrator, supervising student assistants, and coordination of large multi-office projects.

Location: Eureka

Hours: Full Time, benefited

Wage: \$20-25/hr DOE

Deadline: June 15 - 5pm

More details visit: <https://hraps.humboldt.edu/other-employment>



Redwood Community Action Agency is hiring for the following positions:

Raven Program Coordinator FT \$18-19/hr

Family Support Specialists FT-PT \$13.50/hr

Case Worker FT \$15/hr

Youth Shelter Workers PT \$13.50/hr

NRS Restoration Field Crew FT-PT \$14/hr

NRS Restoration Field Crew Supervisor FT \$18-22

Energy Services Weatherization Field Crew FT \$16/hr

Energy Services Intake Specialists FT \$14/hr

Go to WWW.RCAA.ORG for a complete job description & req'd application.



WE ARE HIRING REPORTERS!

The *North Coast Journal* is looking for an arts and features digital reporter and a general assignment digital news reporter to begin as soon as possible.

Both ideal candidates will be able to multi-task while delivering clear, accurate copy in a dynamic (remote) environment. Familiarity with AP style a must. Pay depends on experience.

Arts and features digital reporter candidates send a cover letter, resume and three writing samples to jennifer@northcoastjournal.com.

General assignment digital news reporter candidates send a cover letter, resume and three writing samples to thad@northcoastjournal.com.

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CURRENT JOB OPENINGS

NURSE MANAGER – EMERGENCY DEPT/ACUTE

Full Time Position. Critical Access ER/Acute Department Nursing Manager; 4-bed Emergency room & 9-bed Acute care unit, seeking a Nurse Manager to provide leadership, administrative responsibility and oversight of the ER and Acute care departments. Current California RN license required. BSN, PALS, & ACLS required. Minimum 2 years ER experience required. Minimum 1 year Management Experience strongly preferred.

INFECTION PREVENTION / EMPLOYEE HEALTH

Full Time Position. Position includes, but is not limited to, infection monitoring and reporting, infection risk assessment and prevention, policy and procedure development, staff education, and outbreak management. Employee Health role includes new employee and annual health assessments, immunization programs, exposure management, and safe patient handling programs. Must be able to communicate clearly, verbally and in writing to interface with employees, medical staff, and state, local, and federal health departments and programs. BSN preferred. Certification in Infection Control (CIC) preferred, but willing to train the right candidate.

LICENSED VOCATIONAL NURSE – CLINIC & HOME VISITS

Full Time position, 8 or 10 hr. shifts, 4 or 5 days a week, Monday - Friday. Current California LVN license and BLS certification required. Work 8 or 10 -hour shifts in our outpatient Rural Health Clinic and at patient homes.

ER/ACUTE CARE REGISTERED NURSE

Full-Time, 12-hour shift, 3 days/week. Current California RN License, BLS, ACLS, & PALS certification required. Work 12-hour shifts in our critical access acute care & emergency room.

New hires qualify for benefits as soon as they begin employment!

SHCHD minimum wage start at \$15.50 per hour featuring an exceptional benefits package, including an employee discount program for services offered at SHCHD.



The Hoopa Valley Tribe is accepting applications to fill the following vacant position:

POLICE OFFICER

Hoopa Tribal Police Department, Regular, F/T, Salary: \$25.63/hr.

Performs a wide variety of peace officer duties involving the protection of life and property, enforcement of laws and Tribal Ordinances, criminal investigation, crime prevention and suppression, case preparation and testimony, and providing information and assistance to the public.

Minimum Qualifications: Must possess a High School diploma or equivalent. Must possess a Basic Academy Certificate from a California P.O.S.T. approved academy. Must possess and maintain firearms qualifications. Must have a California Driver's license and be insurable. Must successfully pass a Title 30A Employment Background and a California Police Officer Standards and Training (P.O.S.T.) background checks. **DEADLINE extended to: June 12, 2020.**

SERGEANT

Hoopa Tribal Police Department, Regular, F/T, Salary: \$32.50/hr.

Perform a wide variety of peace officer duties involving the protection of life and property; enforcement of applicable laws and ordinances of the Hoopa Valley Tribe. Duties shall include planning, directing, supervising, assigning, reviewing, and participating in the work of the Police Department staff involved in traffic and field patrol, investigations, crime prevention, community relations, and related services and activities.

Minimum Qualifications: Must have High School Diploma or GED; three (3) years of related experience and/or training. Must possess a valid P.O.S.T. Law Enforcement Academy or Indian Police Academy Certificate. Must possess a P.O.S.T. Intermediate Certification or completion of a P.O.S.T. Supervisory Course; and/or the Bureau of Indian Affairs Supervisory Enforcement Officer Course. Must pass a full law enforcement background investigation in compliance with P.O.S.T. Standards and/or as required by the Federal Police Officer Standard; 25 C.F.R. 12 Indian Country Law Enforcement, 18 U.S.C. 922, Gun Control Act, Executive Order 12968, Adjudicative Guideline, Public Law 101-630; Indian Child Protection and Family Violence Prevention Act, 25 C.F.R. 63 – Implementation of Public Law 101-630, Crime Control Act – Subchapter V-Child Care Worker, Employee Background Checks; Public Law 101-647, which shall include a criminal history check, including fingerprints. Must possess valid CPR/First Aid Certificates. Valid CA Driver's License and insurable.

DEADLINE extended to: June 23, 2020.

CHIEF FINANCIAL OFFICER

Fiscal Department, Regular, F/T, Salary: DOE.

Directs the organization's financial planning and accounting practices as well as its relationship with Tribal Program Managers, Tribal Members, Tribal Council, lending institutions, and the financial community. Provides oversight and direction for treasury, budgeting, accounting, purchasing, and fixed assets for the Tribe. Directs Fiscal staff in providing and directing procedures and computer application systems necessary to maintain records and accounting controls and services. Appraises organization's financial position and issues periodic reports on the organization's financial stability, liquidity, and growth. Manages 3-4 subordinate supervisors who supervise a total of 12 employees across the department.

Minimum Qualifications: Master's degree in Business Administration, Accounting, or equivalent; OR, seven to ten years' experience and/or training; or equivalent combination of education and experience. **DEADLINE: July 1, 2020.**

These positions are classified safety-sensitive.

For job descriptions and employment applications, contact the Human Resources/Insurance Department, Hoopa Valley Tribe, P.O. Box 218, Hoopa, CA 95546. Call (530) 625-9200 Ext. 20 or email hr2@hoopainsurance.com.

The Tribe's Alcohol & Drug Policy and TERO Ordinance apply.



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Northern California Indian Development Council is excited to announce a new Youth Substance Use Disorder (SUD) Prevention program for 7th to 9th grade Native American youth funded by a grant from the Sierra Health Foundation. We are recruiting for a Clinical Social Worker and Program Coordinator in Eureka, CA.

JOB OPENINGS

Youth SUD Prevention Clinical Social Worker

Full-time Exempt-Eureka, CA
\$62,400.00 per year

Youth SUD Program Coordinator

Full-time Exempt-Eureka, CA
\$59,280.00 per year

A job description, application and further job announcement details for these positions can be found at www.ncidc.org

Please submit completed applications, resume and cover letter to: Lillian Strong
241 F Street, Eureka, CA 95501
l.strong@ncidc.org

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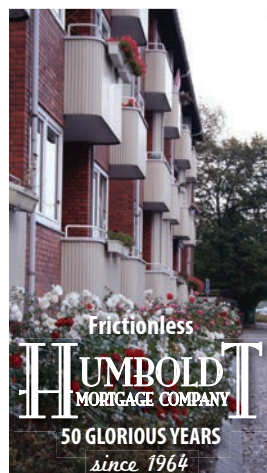
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“Got land?” -Charlie Tripodi, THE LAND MAN

WILLOW CREEK – LAND/PROPERTY - \$49,900

±0.247 Acre lot available in Big Foot Subdivision in sunny Willow Creek! Has community water, sewer, and power at the property line.



ALDERPOINT – LAND/PROPERTY - \$395,000

±70 Flat acres w/ .5 mile of Eel River frontage featuring cabin, outbuildings, power, meadows, and views!



SHOWERS PASS – LAND/PROPERTY - \$295,000

±40 Remote acres featuring springs, meadows, timber, undeveloped building sites. Great retreat spot!

EUREKA – LAND/PROPERTY - \$135,000

2 Eureka lots totaling ±.14 acres. With permits paid for 2 commercial buildings and city services, these parcels are ready to go!



CUTTEN – LAND/PROPERTY - \$495,000

±9.25 Acres in Cutten/Ridgewood area! Property has redwoods, open meadows, a skid road, and the potential to subdivide.



3123 CALIFORNIA STREET, EUREKA - \$199,000

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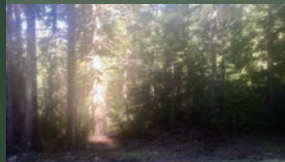
MYERS FLAT – HOME ON ACREAGE - \$499,000

±27 Beautiful acres near Myers Flat! 3/2 home, insulated garage, shop, 30 gpm well, 3 decks, IB membrane roof, and built to maximize solar gain in the winter and coolness in the summer.



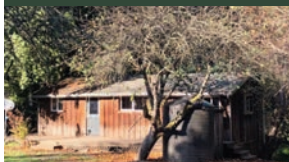
WILLOW CREEK – LAND/PROPERTY - \$550,000

±160 Acres on 2 parcels w/ meadows, springs, views, merchantable timber.



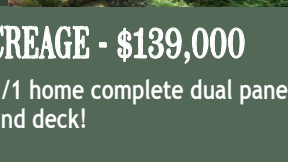
BERRY SUMMIT – LAND/PROPERTY - \$350,000

±160 Acres of secluded, heavily wooded property featuring multiple outbuildings, and Cedar Creek on site.



SWAINS FLAT – HOME ON ACREAGE - \$139,000

River frontage property w/ a cozy 1/1 home complete dual pane windows, views, and a ¾ wrap around deck!



WILLOW CREEK – HOME ON ACREAGE - \$328,500

±.45 Acres with 3/2 home in sunny Willow Creek! Property features redwood decks, on-demand water, and detached garage with guest room!



HYDESVILLE – HOME ON ACREAGE - \$679,000

±8 Private acres featuring a large custom 3/2 ranch home, large barn with “Man Cave”, pool, hot tub, orchard...and so much more!



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